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VANCOUVER metro®

NEWS WORTH SHARING.

Bust sends global birth rates tumbling

The number of babies being born hasn't bounced back to pre-recession levels, and that spells economic trouble PAGE 19

Minister offers help in search for girls

Canada will supply surveillance equipment to help Nigeria find students abducted by extremists PAGE 18

The force wasn't with this woman

A Vancouverite donning a Darth Vader mask is arrested after an armed robbery PAGE 2

I was at the, uh, Timothy Horton drug rehab facility

Sightings cast doubt on Toronto Mayor Rob Ford's whereabouts PAGE 13

Safety first?

While other jurisdictions have banned it, B.C. makes the case for safe fracking STORY, PAGES 16 & 17

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NEWS 1

Jessica Jarrett of Vancouver realized she wanted to become a woman after taking LSD last year. THANDI FLETCHER/METRO

Will shrinks be prescribing LSD?

Mental health. Local psychologist lauds banned drug's efficacy

THANDI FLETCHER
thandi.fletcher@metronews.ca

A Vancouver psychologist wants Health Canada to make LSD legally available to psychologists and psychiatrists for their patients.

"The use of LSD as a therapeutic adjunct speeds up psychotherapy," Andrew Feldmár said. He claims that the drug allows patients to remember early childhood experiences and reprogram their brain.

Feldmár, who is also studying the impact of MDMA, a form of ecstasy, on patients with post-traumatic stress disorder, said LSD has the potential to help patients with the most severe cases of depression to become completely cured of the mood disorder after taking LSD.

The drug, long associated with 1960s hippie counterculture, is banned in many countries, including Canada. Last year, Health Canada amended its Special Access Programme to make it illegal for doctors to prescribe LSD and other drugs like cocaine and heroin, which they could previously prescribe for individual patient use.

The Centre for Addiction and Mental Health warns that LSD can be dangerous and addictive.

A study published March in the peer-reviewed Journal of Nervous and Mental Disease showed that LSD can promote statistically significantly reductions in anxiety for people with life-threatening diseases who were near the end of their lives.

Quoted

"The use of LSD as a therapeutic adjunct speeds up psychotherapy."
Psychologist Andrew Feldmár

Feldmár has been interested in psychedelic drugs as a treatment tool since 1967, when he took LSD as a psychology student in London, Ont.

Born in Budapest, Feldmár, who is Jewish, was separated from his mother at a young age when she was sent to Auschwitz during the Nazi occupation of Hungary. He moved to Canada at 16, but continued to suffer from intense separation anxiety until he tried LSD.

He hopes his research will help make drugs like MDMA and LSD available for psychiatric use in the future.

"It basically changed my life," he said.

And his, apparently, isn't the only one.

Since she was a child, Jessica Jarrett has felt like a stranger in her own skin. It wasn't until an acid trip last year that she realized why.

"I was sitting there on LSD, and I was just like, 'It would be cool to be a girl. If I could just flip that switch, I would totally do that,'" the 28-year-old from East Vancouver told Metro.

Born a male, Jarrett said she struggled with her gender identity since puberty. That all changed last year when she tried LSD and realized she no longer wanted to live her life in a body that didn't reflect who she was on the inside.

Police say a woman in a Darth Vader mask mugged a woman Tuesday morning. KEVIN WINTER/GETTY IMAGES

Luke, give me your wallet

It seems Jedi mind tricks couldn't save a Vancouver woman wearing a Darth Vader mask from being arrested after an early morning robbery.

A woman wearing the Star Wars mask was arrested after the robbery on Tuesday, said Vancouver Police spokesman Sgt. Randy Fincham.

"Unfortunately for this robber, she underestimated the power of the force," said Fincham.

Around 6:30 a.m., a 23-year-old woman was walking down Wolf Avenue near Oak Street when a woman wearing the Darth Vader mask and carrying a handgun robbed her.

The masked robber pointed the gun at the woman and demanded her cash, according to Vancouver Police. After securing a small amount of money, the suspect ran off. The victim was not injured, said Fincham.

After a call to 911, the police launched a search for the suspect and found her a short distance away. She was still wearing the Darth Vader mask.

THANDI FLETCHER/METRO

White Rock

One-day city workers strike

Garbage and recycling may pile up on White Rock's streets due to city workers striking on Thursday.

The city's public works department, including garbage collection, street cleaning and parks maintenance workers, will be off the job for one day as part of a dispute over clear working hours, fairness for part-time workers and protection for employees with long-term disabilities.

"This dispute can end if the city gets serious about bargaining," CUPE 402-01 President Mike Guraliuk said in a statement. "The union is willing to go back to the bargaining table, but the city has chosen to dictate rather than negotiate.

EMILY JACKSON/METRO

Nanaimo

B.C. man charged with attempted murder

Charges of attempted murder have been laid against a Nanaimo, B.C., man, following a stabbing attack on a 16-year-old girl.

Several people called 911 about the attack on Tuesday morning, and police say one caller said he heard a female yelling for help and saw a male running away. A tracking dog was called in, and police say a man was arrested a short distance away from the girl.

Police say the girl is expected to remain in hospital for several days.

Arshil Azim Parekh appeared before a provincial court judge Wednesday and has been remanded into custody with a next court appearance set for May 20.

THE CANADIAN PRESS

Bradley MacCulloch

Offender arrested after manhunt

A high-risk sex offender is behind bars, according to Vancouver police.

Bradley MacCulloch was the subject of a manhunt after police on Tuesday issued a warning about the three-time federal offender after he allegedly failed to return to his Vancouver halfway house.

Police say MacCulloch was located Wednesday afternoon and arrested.

MATT KIELTYKA/METRO

East Vancouver home to new pot vending machine

The machine. It takes bills and sells half an ounce of high-end indica for $50

EMILY JACKSON
emily.jackson@metronews.ca

First, we got a crack pipe vending machine.

Now Vancouver can proudly claim to be the home of a marijuana vending machine.

The B.C. Pain Society, a marijuana resource centre and dispensary that opened three months ago at 2908 Commercial Dr., is advertising what it says is the first marijuana vending machine in the city.

The machine, which has been doling out doses for three weeks, takes bills and sells half an ounce of high-end indica for $50. It even gives change.

The dispensary also has a gumball vending machine where patients can buy a capsule with marijuana in it, B.C. Pain Society director Chuck Varabioff said Wednesday.

"The prize in this machine is a lot different than you'd get in a shopping mall," he said.

Anyone who comes in with a plasticized dispensary card with photo ID from most dispensaries in the city can access the vending machine, Varabioff said. Without that, prospective clients need a doctor's consent form. (The dispensary will refer them to a doctor if needed.)

Letting customers who know what they want purchase marijuana quickly from a vending machine lets staff help people who have questions, he said.

"Most people coming in here are sick, they're also on disability or fixed income," he said. "When you phoned, I was helping two older ladies with cancer who wanted to be educated on resins."

It's Varabioff's goal to get a marijuana vending machine into medical clinics and retirement homes to better serve patients who are too sick to travel to access their pain-relieving medication.

Marijuana sold from the dispensary is privately sourced from operations in B.C. It does not follow federal regulations introduced April 1 that require marijuana to be purchased from a licensed producer.

This isn't technically legal, but dispensaries operate in a murky zone. The courts have supported their right to remain open to serve patients.

In Vancouver, police tend to leave them alone.

A woman uses the marijuana vending machine at the B.C. Pain Society at 2908 Commercial Dr. YOUTUBE

B.C. ranks No. 1 for pet health claims relating to pot

B.C. bud from a Vancouver dispensary. METRO FILE

It seems man's best bud is living the high life in British Columbia, but not in a good way.

B.C. ranks No. 1 in North America for the most pet insurance claims relating to marijuana toxicity, according to new data from pet insurance provider Trupanion.

Over the past two years, Trupanion has paid $22,500 in insurance claims to pet owners in B.C., almost half of the total $54,000 paid across the U.S. and Canada, spokeswoman Britta Gidican told Metro.

California and Washington ranked second and third on the list of 10 regions across North America, while Alberta and Ontario came in fourth and sixth, respectively.

Dr. Kathy Kramer, a veterinarian at the Vancouver Animal Wellness Hospital, said she wasn't surprised to see B.C. top the list.

"Marijuana here is just so prevalent," she said. "You can get it legally, you can get it illegally just about anywhere in the city."

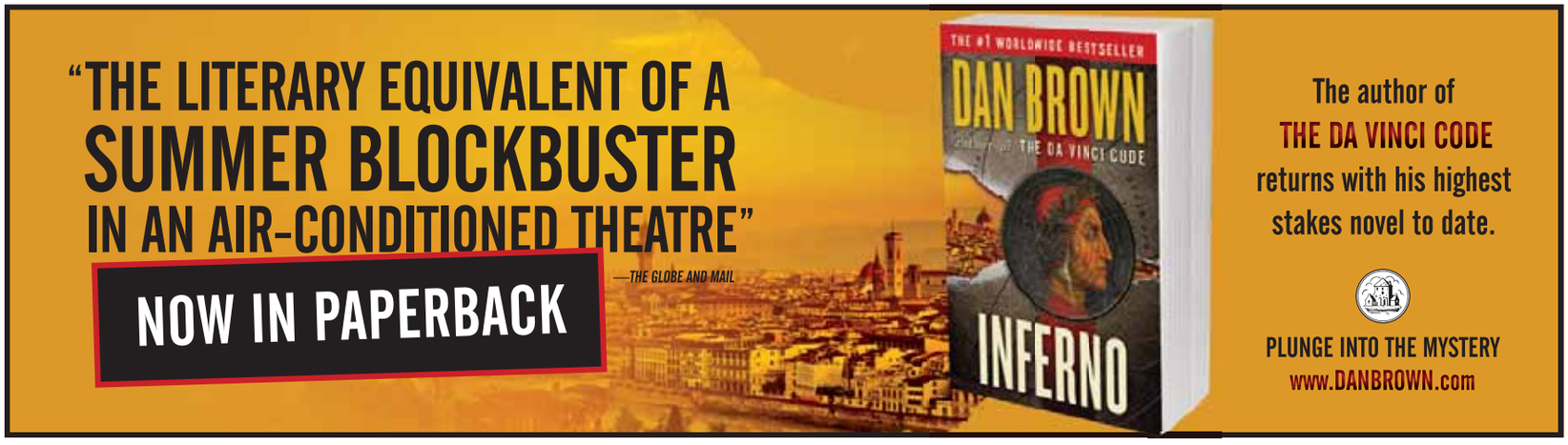
Although medical marijuana use for pets is a growing trend in Vancouver, Kramer said the high rates of pet insurance claims relating to marijuana toxicity in B.C. are usually the result of animals accidentally consuming their owner's marijuana.

Most pets brought into the Vancouver Animal Wellness Hospital with marijuana toxicity get sick after eating joints they found on the street, said Kramer.

"Dogs are scavengers," she said. "They will eat almost anything."

While marijuana with a low dose of THC has been shown to have some healing benefits in pets, too much can poison pets, said Kramer.

THANDI FLETCHER/METRO



NTFW.ca. Site finds many temporary foreign workers located in urban centres

The vast majority of temporary foreign workers approved in the two westernmost provinces were located in the three major urban centres, according to a new website mapping government authorizations.

That's contrary to claims that the program is bolstering the workforce in rural or remote areas where resource companies struggle to recruit.

And the largest portion of the businesses that received authorizations, by far, were in the food service sector.

Of 511 Metro Vancouver businesses that received government authorization to recruit temporary foreign workers over a one-year period, 107 were restaurants, pubs or fast-food outlets — almost 21 per cent of the total. Everything from Megabite Pizza and Waves Coffee to Dead Frog Brewery and Doolin's Irish Pub received approvals.

"The majority of the people in those programs are not skilled workers working on construction projects where there's a labour shortage," Jim Sinclair, president of the B.C. Federation of Labour, said Wednesday.

"They're simply being used as cheap labour in large urban areas where there's already tens of thousands of people unemployed."

The website, NTFW.ca, shows businesses in British Columbia and Alberta that successfully applied to the program up until the end of 2012.

THE CANADIAN PRESS

Stephen Foerster. Killer's father gets 3 years for helping son evade police

The father of a man convicted of first-degree murder has been sentenced in a B.C. court to three years in prison for helping his son evade police, but the victim's mother says that's just not enough time behind bars.

Stephen Foerster, 60, pleaded guilty Wednesday to being an accessory after the fact in the murder of 18-year-old Taylor Van Diest on Halloween night in 2011.

Matthew Foerster was sentenced last month to life in prison with no chance of parole for 25 years for killing the young woman, who was found near death along some train tracks in Armstrong.

The elder Foerster will now spend 759 days, or just over two years, in prison because of 336 days' credit for time already served.

Marie Van Diest, Taylor's mother, commented on the sentence outside B.C. Supreme Court in Kelowna.

"I think they're both cowards, they're both deviants and neither one of them have a place in society," she said.

"I'm glad Stephen will be out of society for a while but it makes me shudder to think that he will … be released one day soon." THE CANADIAN PRESS

Vancouver's NPA party has launched an online crowdfunding campaign focused on grassroots donations, says Coun. George Affleck. METRO FILE

NPA starts Fundrazr election campaign

Crowdfunding. Party asking for $250,000 before Nov. 15 municipal vote

EMILY JACKSON
emily.jackson@metronews.ca

The same party that received a record $960,000 donation from a single developer in the 2011 municipal election has launched a crowdfunding campaign to earn cash for the 2014 race.

The Non-Partisan Association (NPA) launched the Fundrazr campaign Wednesday with a goal of raising $250,000 from the online community before the Nov. 15 election.

As of 4 p.m., it raised $120 from three people.

"The focus here is really … on the grassroots donations," NPA Coun. George Affleck told Metro.

"We really believe there are people who are frustrated across the city. We would really love for them to be a part of our process and give what they can, whether it's $10 or $1,000."

The crowd-funding campaign launched the same day the NPA hosted its fundraising gala where sponsors paid from $3,500 to $50,000 for a table.

These high-price affairs are standard for Vancouver's two dominant civic parties, the NPA and Vision Vancouver. The latter took flack earlier this year when developer Bob Rennie invited people to pay $25,000 towards the party for the privilege of having lunch with Mayor Gregor Robertson.

The two parties spent nearly $5 million (the NPA $2,555,707.80 and Vision $2,227,402.34) on the last election campaign.

Last week, city council voted down a motion from Green Party Coun. Adriane Carr — who was elected with just $9,513.24 — to cap spending and donations in the absence of provincial legislation on the matter.

The city has been lobbying for years to quell campaign contributions. Council says it wants to ban union and corporate donations, set annual contribution limits and cap total spending limits. Toronto, Montreal and Winnipeg already have such limits in place.

But Affleck is "optimistic" such rules will be in place by the next election.

"The kinds of fundraising that you're seeing now won't be in existence next time," he said. "This (crowdfunding) is one avenue that we believe is a good one."

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B.C. Kids put at risk after computer glitch

Technology Minister Andrew Wilkinson says he's had to reboot the B.C. government's computer system for vulnerable people after it crashed about an hour after he proclaimed it glitch-free.

Wilkinson suggested Wednesday the issues with the government's $180-million integrated case-management computer system may now go beyond simple reboots and could involve examining its performance.

The integrated case-management system project began in 2008 with plans to replace outdated government computer information used to deliver social programs, including child protection, child care subsidies and income assistance.

"Fifteen hundred users had signed on and things were going well," said Wilkinson. "It's now gone down again, and I am not at all happy about this. This is clearly a system that's unstable."

Wilkinson vowed to get to the bottom of the problems, which he will make public.

British Columbia's children's representative is calling for an independent review of the system that crashed numerous times this week.

Mary Ellen Turpel-Lafond told the province's child and youth committee the integrated case-management system used to deliver social programs, subsidies, income assistance and child protection is a disaster.

She said information about vulnerable children and their families is not being processed properly, and she fears the flaw puts kids at risk because police and social agencies won't have data about children during situations involving domestic violence or other family issues.

THE CANADIAN PRESS

'A better way.' First Nations partake in new biz board

Stopping undesirable resource development in B.C.'s Fraser Canyon used to involve blockading trains, but that has changed for a cluster of First Nations with a former "history of battles" that now just wants to get down to business.

Five Interior First Nations governed by the Nkala'pamux Nation Tribal Council signed an agreement Wednesday with the province giving them a seat on a new decision-making board involving business in their territory.

The agreement underscores a shift in how First Nations, the provincial government and industry in B.C. are approaching resource and revenue-sharing in recognition of the difficult and slow-moving treaty process.

First Nations people are moving away from the militant tactics of yesteryear to gain a voice when they have an issue, said Grand Chief Robert Pasco, who represents the council.

"We've had our day, we've had our issues, but we're at a better place," he said before a delegation of chiefs gathered in Vancouver.

"We've moved. People recognize there's a better way, a different way that business can be done. And they've jumped out of the woodwork to help make it happen."

THE CANADIAN PRESS

A man walks along Vancouver's foreshore with tankers and freighters dotting the water in April 2014. EMILY JACKSON/METRO

Councillor wants plebiscite on pipeline

Kinder Morgan. Expanded Trans Mountain pipeline would triple number of tankers in the area

EMILY JACKSON
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Citizens should be able to vote on whether they want increased tanker traffic in Vancouver's waters, argues the city's lone Green Party councillor.

Coun. Adriane Carr wants to hold a plebiscite on Kinder Morgan's plans to expand its Trans Mountain pipeline, a proposal that would triple the number of tankers travelling through the harbour annually.

Carr has put forward a motion asking council to add a plebiscite question on the issue to the ballot for the Nov. 15 civic election.

"I absolutely know a vote is in the hands of the people, but I trust that Vancouverites are going to say no to the notion of 10 tankers a week carrying bitumen, this tarry substance, that with one spill could scar our foreshore for decades and decades," Carr told Metro Wednesday.

Vancouver has already been selected as an intervenor in the National Energy Board hearings on the project slated to begin in early 2015. But Carr wants the city to be able to represent the public's opinion, in the form of a vote, at those hearings.

"My hope is that we have a robust discussion in the public, that people get out and vote in really high numbers," Carr said.

Kitimat held a similar plebiscite on Enbridge's Northern Gateway pipeline last month where 58.4 per cent voted against the project with a 62 per cent voter turnout.

Vancouver Mayor Gregor Robertson has made fighting against the pipeline one of his top re-election campaign promises.

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Putin says troops pulled back, wants referendum postponed

Ukraine crisis. Pro-Russia militants say they will carry out planned vote Sunday

A bouquet sits atop the burnt-out shell of a car at a location where clashes between pro-Russia gunmen and the Ukrainian army took place, north of Slovyansk, Ukraine, Wednesday. MANU BRABO/THE ASSOCIATED PRESS

Russia has pulled back its troops from the Ukrainian border, Vladimir Putin told diplomats Wednesday as he urged insurgents in southeast Ukraine to postpone their planned referendum Sunday on autonomy.

In a Moscow meeting with Swiss president Didier Burkhalter, Putin said the Russian troops have been pulled back to their training grounds and locations for "regular exercises," but didn't specify whether those locations were in areas near Ukraine.

Putin also called on Ukraine's military to halt all operations against pro-Russia activists who have seized government buildings and police stations in at least a dozen towns in eastern Ukraine.

Ukraine launched a government offensive late last week to take back buildings and towns under control of the insurgents. At least 35 people, including many rebels, have died in that offensive, the government said.

Many had feared that Sunday's vote on more autonomy would be a flashpoint for further violence between the rebels and Ukrainian troops in the east. Despite Putin's comments, pro-Russia militants said they would still carry out the referendum on Sunday.

THE ASSOCIATED PRESS

Taking a toll

Sanctions hurting Europe?

Sanctions against Russia are taking a toll in Europe as well, figures showed Wednesday.

U.S. Treasury Undersecretary David Cohen, in Paris as part of the Obama administration's push to bolster European support for broader sanctions, acknowledged that the measures are also inflicting pain on companies in the United States and especially Europe, whose banks and energy firms have deep Russian interests.

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Lions and tigers up there! Oh my!

An Amur tiger walks across a Big Cat Crossing mesh pathway during a news conference at the Philadelphia Zoo, Wednesday. THE ASSOCIATED PRESS

Philadelphia, Penn.
Zoo animals benefit from change in scenery

Visitors to the Philadelphia Zoo might want to beware of cats: A new enclosed passageway allows lions and tigers to roam outside their exhibits.

Yet humans can safely gawk at the predators travelling along Big Cat Crossing. The protected, open-air path snakes above the felines' habitat to an archway over the zoo's main promenade, ending at a viewing spot along a lake.

The concept for the catwalk unveiled Wednesday stems from the increasingly common practice of animal rotation, which lets animals take in new stimuli while visitors encounter them in unexpected places.

"It becomes much more of a safari-like experience," said Philadelphia Zoo CEO Andrew Baker.

The $2.3 million project, paid for with state and private funds, is the latest addition to the zoo's comprehensive travel system.

Within the past three years, it opened Treetop Trail to permit small primates to scamper along a suspended path through the property, while the Great Ape Trail offers an outlet for orangutans to explore.

Animal rotation exhibits have become more popular among U.S. institutions as "the public challenges zoos to improve," said Ed Hansen, CEO of the American Association of Zoo Keepers.

Baker said the Philadelphia Zoo's lions, tigers, pumas, jaguars and leopards already rotate among five exhibits. Now, they'll take turns using Big Cat Crossing.

The zoo plans eventually to extend and connect all three trails. So in the winter, when it's too cold for orangutans to be outside, cats can discover the Great Ape Trail as well, said Baker. THE ASSOCIATED PRESS

Fowl behaviour

Town board settles claim over petting zoo rooster attack

A Long Island town has approved a $20,000 settlement with the family of a girl who was injured by a petting zoo rooster.

The Smithtown Town Board approved the settlement on Tuesday night.

The Weiss family sued on behalf of their daughter, Kaylie, injured during a 2011 visit to the petting zoo at the town's Hoyt Farm Nature Preserve.

THE ASSOCIATED PRESS

Unhappy birthday

Second World War vet gets 3 years for drug trafficking

A 90-year-old man who hauled more than a ton of cocaine into Michigan for a Mexican drug cartel was sentenced to three years in prison Wednesday, on his birthday. Leo Sharp was awarded a Bronze Star in the Second World War. Detroit federal Judge Nancy Edmunds says neither his service nor his age are enough to keep him out of prison.

THE ASSOCIATED PRESS

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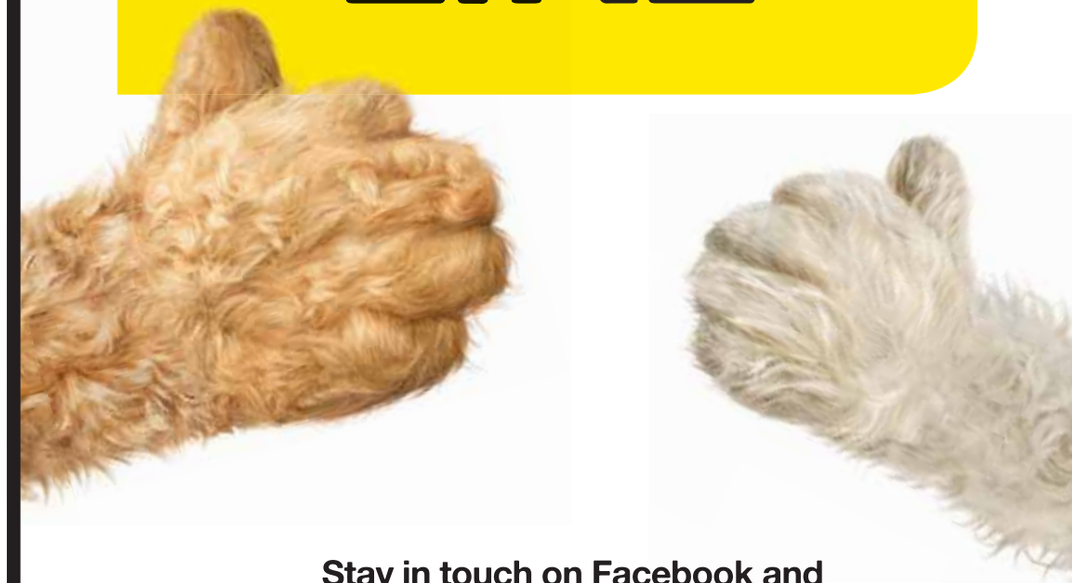

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Lhokbani, Indonesia.
Alleged rape victim faces court-ordered beating

An Indonesian woman who was gang-raped may be caned publicly for violating Islamic law, an official said Wednesday.

The 25-year-old widow said she was raped by eight men who allegedly found her with a married man in her house. The men reportedly beat the man, doused the two with sewage, and then turned them over to Islamic police.

The head of Islamic Shariah law in the district, Ibrahim Latief, said his office has recommended the widow and the married man be caned nine times for violating religious law, pending an investigation. Latief contended they violated Shariah law by being in the same room together. He said they also admitted they had sex earlier.

Indonesia has a policy of secularism but allows Aceh, a predominantly Muslim province on the northern tip of Sumatra, to implement a version of Sharia Islamic law.

Police have arrested three of the eight men and are hunting for the others. The criminal charge of rape carries a maximum penalty of 15 years.

THE ASSOCIATED PRESS

Providence, R.I.

Fallen acrobats may never walk again

Two women among eight who fell during a circus performance in Rhode Island have spinal cord injuries and time will tell whether they will walk again.

Their neurosurgeon says the two can feel their legs but have only limited movement. It may be a year or two before it's clear whether they'll heal completely and walk again.

Doctors say all of the acrobats will require physical therapy. THE ASSOCIATED PRESS

Help slow to arrive to remote disaster zone

Abi Barik, Afghanistan.
President pledges to help province rebuild following devastating mudslide

A child plays near the site of Friday's landslide that buried the village of Abi Barik in Badakhshan province, northeastern Afghanistan, Wednesday. THE ASSOCIATED PRESS

Afghan President Hamid Karzai on Wednesday toured the site of last week's horrific landslide in the country's remote northeast, pledging to provide relief to families displaced by the disaster that killed hundreds of people.

Karzai's office said he met the victims in the village of Abi Barik in Badakhshan province, where around 700 families were forced to flee their homes due to the possibility of further landslides and flooding.

During the visit, Karzai spoke with villagers being housed in tents and also promised to rebuild homes for the landslide's survivors.

Aid groups and the government have rushed to the remote province bordering Tajikistan and China with food, shelter and water. But those affected have complained that help has been slow to arrive.

Authorities have yet to provide an exact figure on the number of people killed in the May 2 landslide, and estimates have ranged from 250 to 2,700. Officials say it will be impossible to dig up all the bodies buried deep under a sea of mud.

THE ASSOCIATED PRESS

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WHISTLER'S GREAT OUTDOORS FESTIVAL
Victoria Day Long Weekend: May 16 – 19

GO FEST
Whistler's Great Outdoors Festival

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HIGHLIGHTS

May 16
SHEEPDOGS
8PM | GO Fest Mainstage
Kick-off the long weekend celebration at this free, all-ages concert by this Juno award-winning band.

May 17
THE GREAT GREEN RIVER CHALLENGE
11AM and 2PM | Green Lake
Cheer on crews competing in river racing, slalom sprints and sumo wrestling atop a raft.

May 18
GREAT SNOW EARTH WATER RACE
12PM Race Start
Whistler Mountain
Take part in this multisport, team relay race from the top of Whistler to the River of Golden Dreams.

May 16
GO ENDURO
5PM | Whistler Bike Park
Watch riders in this five stage mountain bike race or register for $30.

May 17
ALPENGLOW FUN RUN
8PM Race Start
Village Square
Light up the night at this glow-in-the-dark fun run through the Lost Lake trails.

May 19
THE GREAT SLUSH CUP
10AM - 4PM
Blackcomb Mountain
Dress up and ski the slush pit with style. This fun challenge is free for all participants .

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Scan this and watch an expert talk about museum's whale bone recovery project

"There's nothing on Earth that I've ever encountered that smells worse than a dead whale." Scan the photo above with your Metro News app to watch a video of the Royal Ontario Museum's Mark Engstrom discussing how the museum's whale bone recovery project will work — and likely take two years to complete. The museum in Toronto will help preserve the skeletons of two beached blue whales that washed ashore on the west coast of Newfoundland, including the rotting blue whale seen here on the shore in Trout River, N.L., in this April 27 photo. CONTRIBUTED - NTV NEWS, DON BRADSHAW/THE CANADIAN PRESS FILE

Opponents of abortion can't run as Liberals

Justin Trudeau. It's a pro-choice party; they don't want the debate reopened; sitting anti-abortion MPs will be allowed to run

Justin Trudeau says opponents of abortion need not apply to run for the Liberal party in the next election.

And if they do apply, the Liberal leader says they'll be weeded out during the vetting process for nomination applications.

Trudeau says the Liberals now support abortion rights and all candidates in the next election will be expected to adhere to that position.

However, he says an exception is being made for incumbent opponents of abortion who became MPs before the party officially adopted a pro-choice stance, such as Toronto MPs John McKay and Judy Sgro.

Liberal Leader Justin Trudeau during question period. THE CANADIAN PRESS

Their beliefs will be "respected to a certain extent," Trudeau said, "but our position as a party is we do not reopen that debate."

Until two years ago, Liberals did not have a party position on abortion, considering it a matter of conscience.

As a result, Liberal MPs opposed to abortion formed a strong, vocal minority in the caucus although their ranks have thinned considerably over the last two elections, as the caucus itself shrank.

But Trudeau said: "As a party, we are steadfast in our belief ... that it is not for any government to legislate what a woman chooses to do with her body, and that is the bottom line there."

At their 2012 national convention, delegates approved a resolution that explicitly endorsed a woman's right to choose — adopting the same position long held by the NDP. THE CANADIAN PRESS

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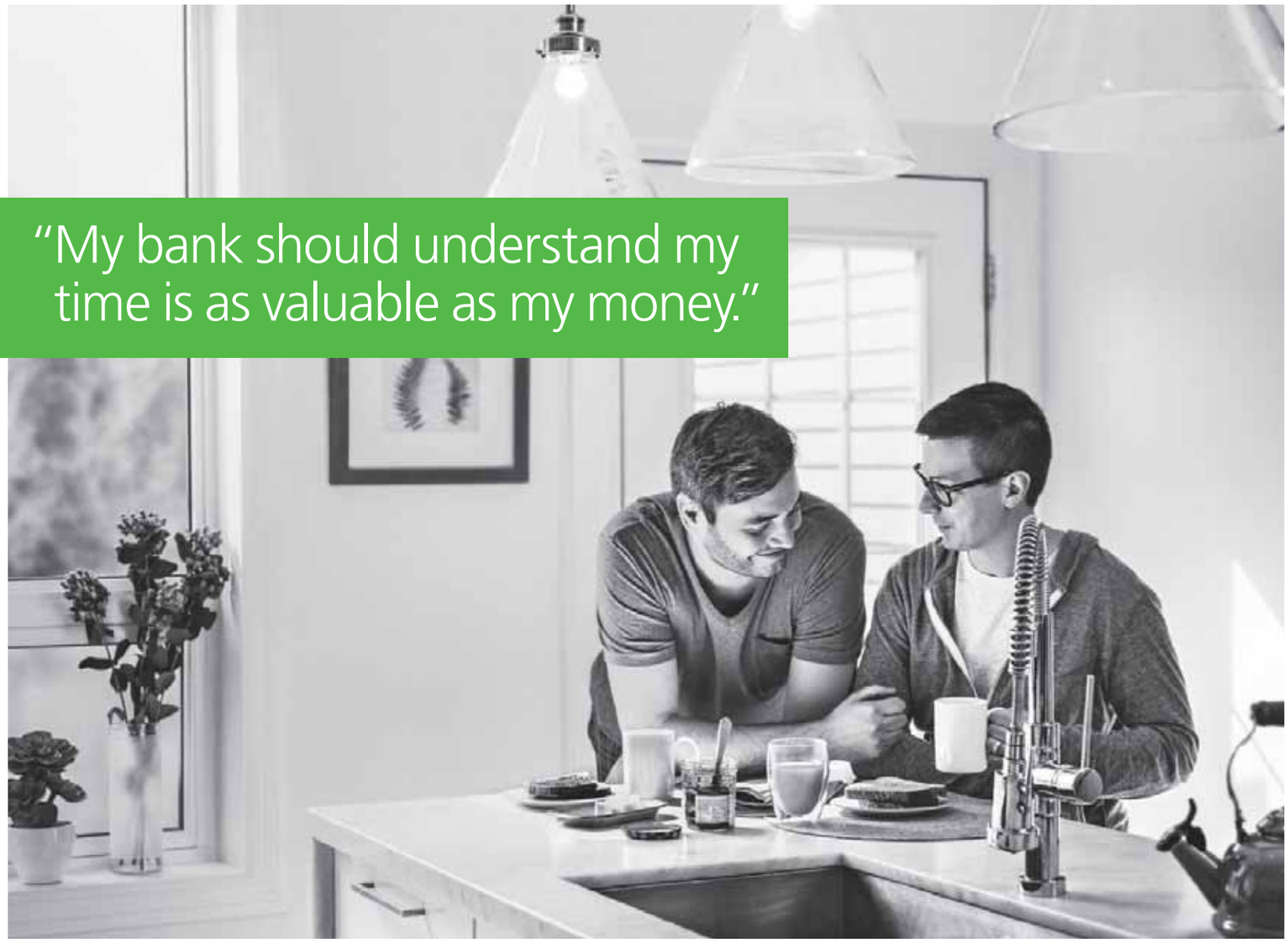

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Coupland's honour is selfie-explanatory

Author Douglas Coupland snaps a selfie as he is made an Officer of the Order of Canada by Gov. Gen. David Johnston during a ceremony at Rideau Hall in Ottawa on Wednesday. The selfie was later posted on Coupland's Twitter feed. SEAN KILPATRICK/THE CANADIAN PRESS; INSET: TWITTER

Is Ford getting help, or was he getting Timbits?

Rob & Doug McFrenzy. Storm of speculation about whereabouts of Toronto mayor fuelled by student's alleged doughnut-shop sighting

JESSICA SMITH CROSS
Metro in Toronto

Toronto Mayor Rob Ford
THE CANADIAN PRESS

Grade 11 student Cayla Clarkson says she didn't know Rob Ford was supposed to be in rehab when she spotted him in a Tim Hortons parking lot and tweeted about it on Tuesday — fuelling the storm of speculation about the mayor's whereabouts.

Clarkson said she saw Ford get out of his car and walk into the doughnut shop in Toronto wearing a "full black suit" and walk out again wearing a grey sweatsuit.

"He opened the door to the backseat of his car," said Clarkson. "I had my phone out because I was going to take a picture and he looked at me, like he did not seem happy, he didn't seem pleased. So I just put my phone down.

"When he closed his door, he sort of looked at me again, did a once-over, and that's why I walked away," she said. "I just felt a little uncomfortable."

Doug Ford told reporters at city hall Wednesday it was actually him at the Tim Hortons, and he'd stopped by on his way to council to take pictures with people and hand out T-shirts.

"I think he's just trying to cover for his brother," Clarkson said. "He said he was handing out T-shirts and taking pictures, but I did not see him handing out T-shirts or taking pictures at all. He wasn't interacting with anybody, I didn't see him talking to anyone," she said.

International review

Global study to look at Canada's polar bear trade

Environment Minister Leona Aglukkaq says she is confident that a new international review of Canada's trade in polar bear parts will reaffirm this country's conservation of the species.

The Convention on International Trade in Endangered Species will look at the practices of all five polar bear range states, although Canada is the only country that permits commercial trade in polar bears.

THE CANADIAN PRESS

Alberta

Ancient, massive meteorite crater discovered

Scientists have found a vast, ancient meteorite crater in southern Alberta.

University of Alberta researcher Doug Schmitt says some time between 50 million and 70 million years ago, a huge chunk of space debris at least the size of an apartment block crashed into what is now Bow City.

THE CANADIAN PRESS

Lt. Derek de Jong. Sailor who deserted post given reprimand, $5,000 fine

A Royal Canadian Navy officer was given a severe reprimand and a $5,000 fine Wednesday for deserting his post on a supply vessel after alleging he faced harassment and ridicule.

Lt. Derek de Jong told his court martial that prior to deserting on Sept. 17, 2012, he was subjected to deplorable behaviour that included a female colleague urinating in his cabin. HMCS Preserver was docked at Key West, Fla., when he left the ship.

The defence asked for a reprimand and a fine, while a military prosecutor wanted de Jong reprimanded and demoted one rank to sub-lieutenant.

The maximum sentence for desertion under the National Defence Act is life in prison, although in this case the prosecution and defence agreed the maximum sentence was five years because de Jong wasn't considered to be on active duty.

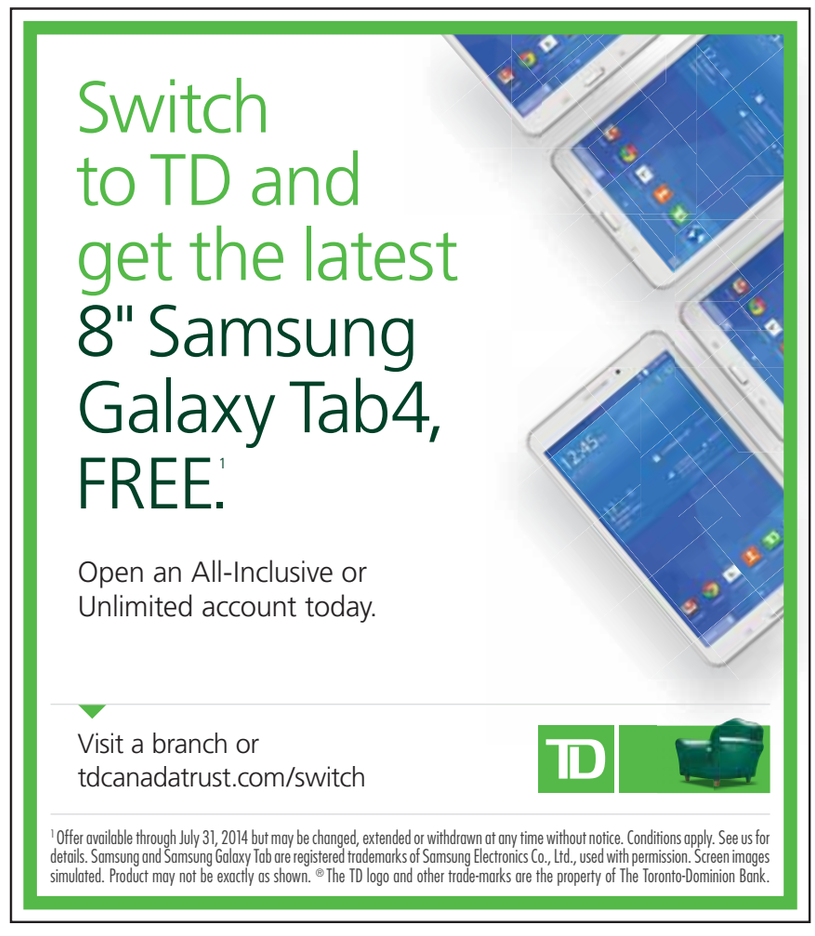
Speaking outside court, de Jong said he felt the sentence was just.

"The sentence was very fair. … In fact I feel the courts were more than fair. I had assumed the penalty would be greater than a severe reprimand and $5,000," he said.

"As the judge said, I'm being given a second chance. I hope I can re-earn the respect of those appointed under me."

THE CANADIAN PRESS

Lt. Derek De Jong speaks after his court martial in Halifax on Wednesday.
ANDREW VAUGHAN/THE CANADIAN PRESS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Vanity plates free speech, U.S. court rules

New Hampshire. Lawyers argued COPSLIE plate is a viewpoint that should not be regulated by the government

If a New Hampshire man thinks cops lie, he's free to say so on his licence plate, the state's highest court ruled Wednesday.

In a unanimous decision, the state Supreme Court agreed with the arguments of David Montenegro, who wanted the vanity plate reading "COPSLIE" to protest what he calls government corruption.

State law prohibits vanity plates that "a reasonable person would find offensive to good taste." But the New Hampshire Civil Liberties Union argued that the law is unconstitutionally vague and gives too much discretion to a person behind a Department of Motor Vehicles counter.

New Hampshire had argued that state workers were right to deny the plate, because the phrase disparages an entire class of people — police officers. The justices said that state law does not define the phrase "offensive to good taste."

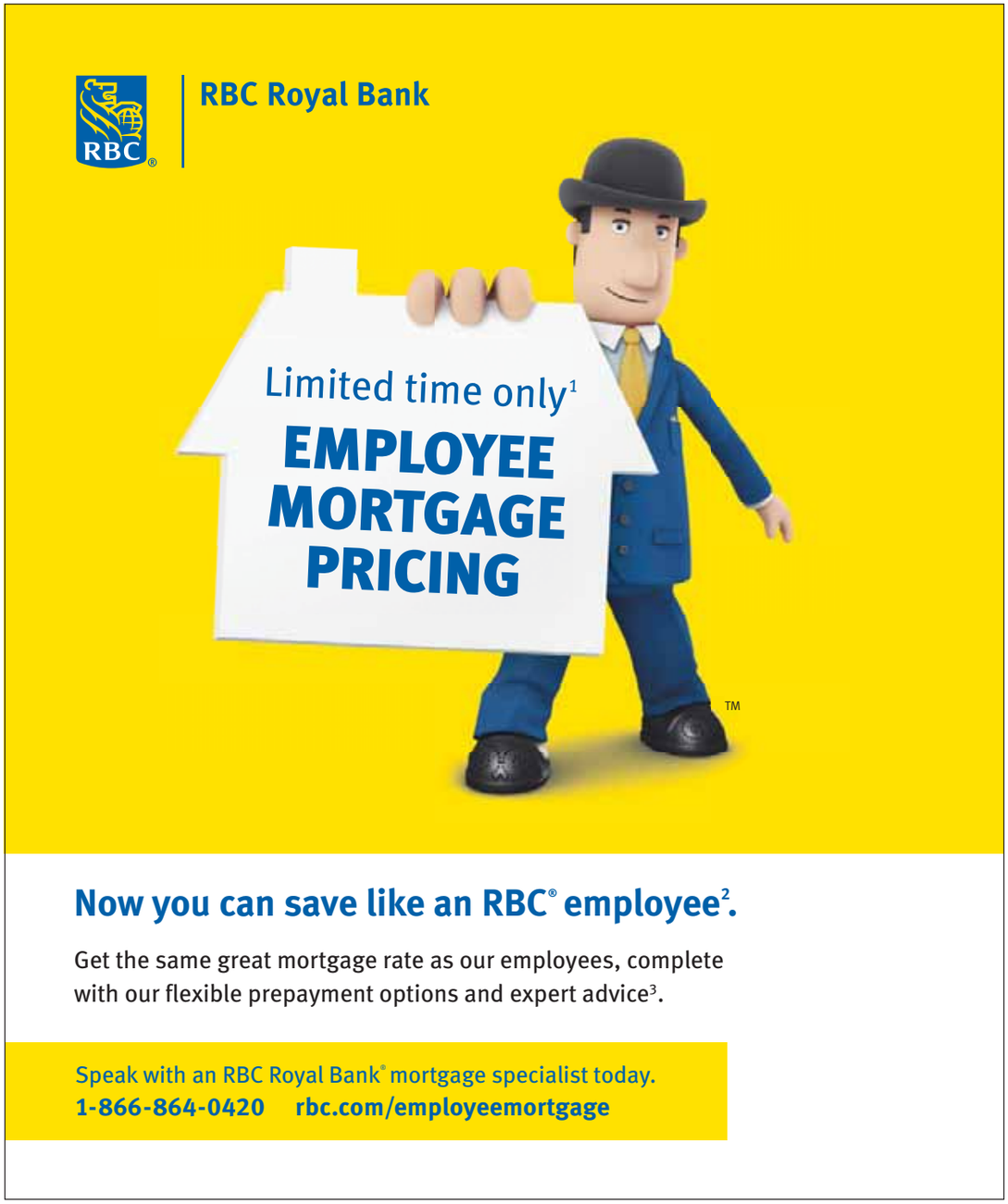
"The restriction grants DMV officials the power to deny a proposed vanity registration plate because it offends particular officials' subjective idea of what is 'good taste,'" the court wrote. The decision states the law is unconstitutionally vague and violates free speech rights.

"So if a person at DMV agrees with the sentiment, he gets the plate?" Chief Justice Linda Dalianis asked during spirited arguments in November about whether a plate reading "COPS R GR8" would be approved.

THE ASSOCIATED PRESS

What's in a name?

David Montenegro — who in 2012 legally changed his name to "human" — said he thought police officers who might pull him over and have to type "COPSLIE" into their computers would amount to "the perfect situational irony."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Pistol-packin' papa

Gun rights advocates Nicolas Crawford, packing a gun on his hip and his son Judah in his arms, and fellow Nebraskan Caleb Kalisch, left, discuss "conceal and carry" and "open carry" gun rights with a small group of supporters Tuesday at a restaurant in Ashland, Neb.

GWYNETH ROBERTS-LINCOLN JOURNAL STAR/THE ASSOCIATED PRESS

Since the Big Bang. New simulation best map yet to evolution of universe

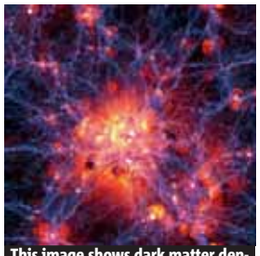
Scientists have come up with the best computer model yet of the universe.

This new virtual cosmos created by U.S., German and English researchers includes details never before achieved in a simulation. Called Illustris, the numerical-based model covers the 13 billion-year evolution of the universe beginning just 12 million years after the Big Bang, or creation. And it accurately depicts the distribution and composition of various types of galaxies.

Illustris was developed by a team led by astrophysicist Mark Vogelsberger of Massachusetts Institute of Technology. It's described in Thursday's issue of the journal Nature.

The Illustris creators say it represents "a significant step forward in modelling galaxy formation." They attribute their success to advanced computer power.

THE ASSOCIATED PRESS



This image shows dark matter density overlaid with the gas velocity field in a simulation of the evolution of the universe since the Big Bang. COURTESY ILLUSTRIS COLLABORATION /THE ASSOCIATED PRESS

Saudi Arabia

Blogger jailed 10 years, lashed for 'insulting Islam'

A state-linked Saudi newspaper says a Saudi blogger has been sentenced to 10 years in prison and 1,000 lashes on charges related to accusations that he insulted Islam on a liberal online forum he created.

The Jiddah Criminal Court also ordered Raif Badawi to pay a fine of 1 million Saudi riyals, or about $266,000.

Badawi was previously sentenced to seven years in prison and 600 lashes in relation to the charges, but the verdict was overturned on appeal.

Sabq Online Newspaper reported that Wednesday's verdict was the result of that appeal. Badawi has been held since 2012, and his Free Saudi Liberals website is closed.

Amnesty International described the verdict as "outrageous," saying Badawi did nothing more than create a forum for discussion. THE ASSOCIATED PRESS

Seattle

Human foot washes ashore

A Port of Seattle spokesman says a human foot in a white sneaker has been found on the shore at a park near Seattle's Pier 68.

The Seattle Times reports that port spokesman Peter McGraw says volunteers cleaning the park found the shoe and foot Tuesday.

Since 2007, there have been roughly a dozen cases in which a human foot encased in a tennis shoe has washed ashore in regional waters.

A number of them were found in British Columbia. In a couple of cases, investigators determined the feet belonged to men who had been reported missing.

Oceanographer Curtis Ebbesmeyer of Seattle says it's common for decomposing bodies to come apart at the joints, including at the ankles.

He says lightweight sneakers float sole up, protecting the remains. THE ASSOCIATED PRESS

Norway to ignore the Dalai Lama for China

Oslo. Government officials will not meet the Tibetan spiritual leader on his visit; they want to repair relations with China

Norway's decision to ignore the Dalai Lama's visit to Oslo this week to avoid upsetting China has drawn criticism in a country that considers itself a beacon of human rights in the world.

Unlike on his previous visits to Norway, no government officials will meet the exiled Tibetan spiritual leader during his three-day stay that started Wednesday.

The Dalai Lama has been seeking greater autonomy for Tibet within China and urges nonviolence in the struggle against Beijing, a key reason he was awarded the 1989 Nobel Peace Prize.

Beijing views him as an anti-Chinese separatist and reacts angrily when Western leaders receive him.

Norway's Conservative-led government, which took power last year, has made it a priority to repair relations with China, frozen since jailed Chinese dissident Liu Xiaobo was awarded the Nobel Peace Prize in 2010.

"For close to four years there has been no contact on a political level between Norway and China," Norwegian Foreign Ministry spokesman Frode Andersen said.

"Based on a thorough deliberation the government has decided that there will be no meeting between Norwegian authorities and the Dalai Lama during his upcoming visit to Norway," said Andersen. THE ASSOCIATED PRESS

The Dalai Lama stands with the chairman of the Norwegian Nobel Committee, Thorbjorn Jagland, in Oslo, Norway, Wednesday. HEIKO JUNGE/THE ASSOCIATED PRESS

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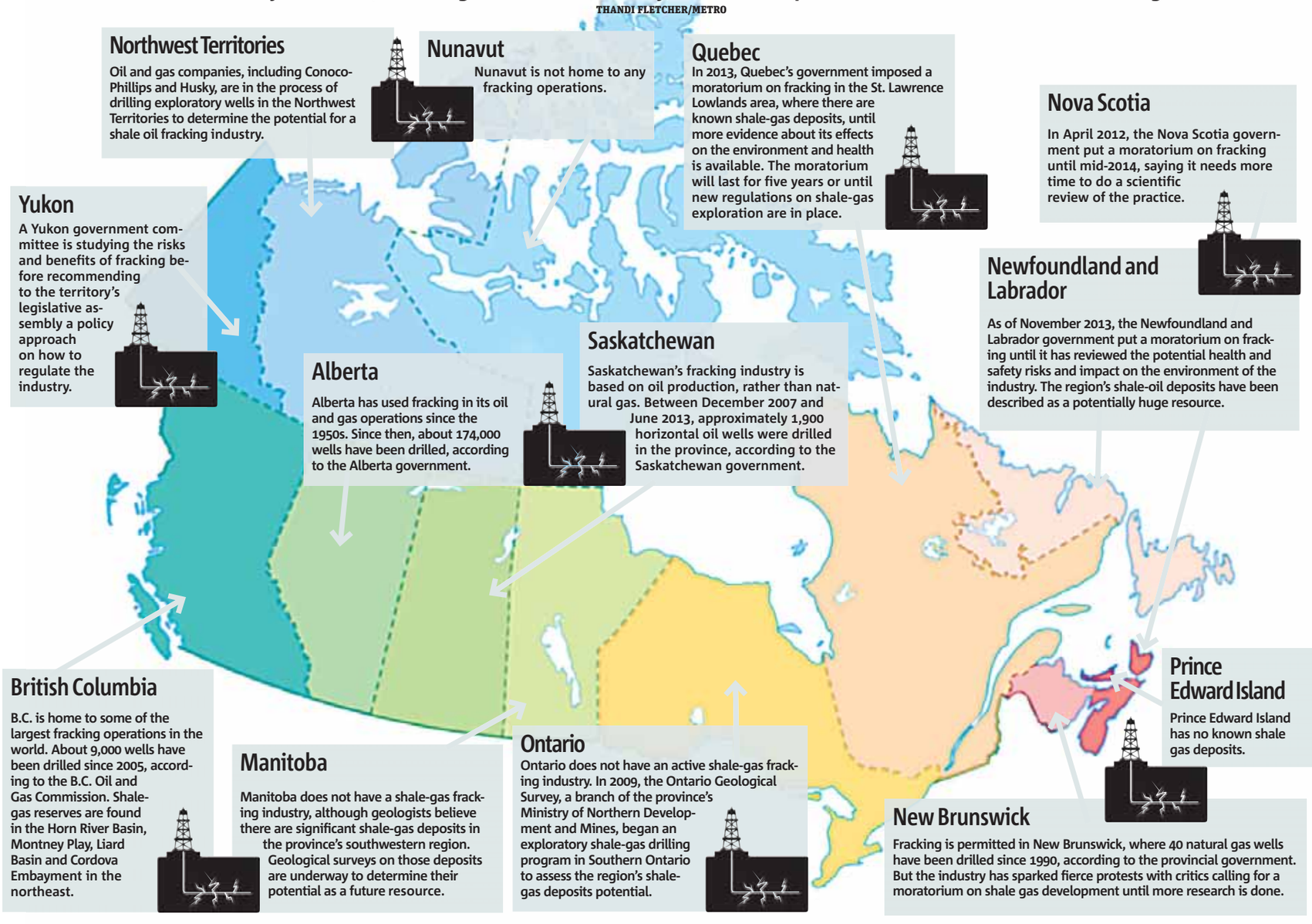
Tracking Canadian fracking

Metro's look at the controversial practice of fracking continues with Day 2 of our three-day feature. While it's booming in B.C., other provinces have been more cautious, imposing moratoriums until there's more evidence on its health-and-safety effects. Many countries, including France and Germany, have also imposed bans or moratoriums on fracking.

THANDI FLETCHER/METRO



Northwest Territories
Oil and gas companies, including ConocoPhillips and Husky, are in the process of drilling exploratory wells in the Northwest Territories to determine the potential for a shale oil fracking industry.

Nunavut
Nunavut is not home to any fracking operations.

Quebec
In 2013, Quebec's government imposed a moratorium on fracking in the St. Lawrence Lowlands area, where there are known shale-gas deposits, until more evidence about its effects on the environment and health is available. The moratorium will last for five years or until new regulations on shale-gas exploration are in place.

Nova Scotia
In April 2012, the Nova Scotia government put a moratorium on fracking until mid-2014, saying it needs more time to do a scientific review of the practice.

Yukon
A Yukon government committee is studying the risks and benefits of fracking before recommending to the territory's legislative assembly a policy approach on how to regulate the industry.

Newfoundland and Labrador
As of November 2013, the Newfoundland and Labrador government put a moratorium on fracking until it has reviewed the potential health and safety risks and impact on the environment of the industry. The region's shale-oil deposits have been described as a potentially huge resource.

Alberta
Alberta has used fracking in its oil and gas operations since the 1950s. Since then, about 174,000 wells have been drilled, according to the Alberta government.

Saskatchewan
Saskatchewan's fracking industry is based on oil production, rather than natural gas. Between December 2007 and June 2013, approximately 1,900 horizontal oil wells were drilled in the province, according to the Saskatchewan government.

British Columbia
B.C. is home to some of the largest fracking operations in the world. About 9,000 wells have been drilled since 2005, according to the B.C. Oil and Gas Commission. Shale-gas reserves are found in the Horn River Basin, Montney Play, Liard Basin and Cordova Embayment in the northeast.

Manitoba
Manitoba does not have a shale-gas fracking industry, although geologists believe there are significant shale-gas deposits in the province's southwestern region. Geological surveys on those deposits are underway to determine their potential as a future resource.

Ontario
Ontario does not have an active shale-gas fracking industry. In 2009, the Ontario Geological Survey, a branch of the province's Ministry of Northern Development and Mines, began an exploratory shale-gas drilling program in Southern Ontario to assess the region's shale-gas deposits potential.

Prince Edward Island
Prince Edward Island has no known shale gas deposits.

New Brunswick
Fracking is permitted in New Brunswick, where 40 natural gas wells have been drilled since 1990, according to the provincial government. But the industry has sparked fierce protests with critics calling for a moratorium on shale gas development until more research is done.

The industry

Concerns and safety

After nearly a decade on the inside of what was once B.C.'s largest natural gas company, Robert Falls is well aware of some people's wariness of the oil and gas industry.

"It's very much in our nature to characterize them as arrogant or uncaring or evil," he said. "If you're Joe Public and you're looking at that industry, it's huge, it's powerful, it's ... intimidating."

But, in his experience, that assessment is simply not fair. Energy companies are concerned about the environment, and the health and safety of people living near oil and gas operation sites, he said. It's in their best interests to make it a priority or they wouldn't be able to keep operating, he said.

But, Falls said, despite the industry's best efforts to reduce the risk of disaster, things can and do go wrong. He believes energy companies need to do a better job of mitigating that risk and listening to the public's concerns.

A Green Light for Safety

During his tenure in the 1990s as manager of the environment division of Westcoast Energy, now operating as Spectra, Falls said his team had the green light to do "whatever had to be done" to safeguard the health and safety of people in the communities in which they operated.

"I don't think people realize how much time, effort and money is spent on managing environmental, health and safety issues," he said.

That sentiment is echoed by industry leaders, who claim the health and safety of residents living near fracking sites is a top concern.

Andy Calitz, chief executive officer for LNG Canada, the entity behind a proposed liquefied natural gas project in the northwestern B.C. town of Kitimat, said energy companies are constantly studying fracking and its impact on water and air quality.

The environment

"Are there concerns? Yes, we are at all times sensitive to our environmental impact."

Andy Calitz, chief executive officer for LNG Canada

"Are there concerns? Yes, we are at all times very sensitive to our environmental impact," he said. "It is high on our agenda."

Geoff Morrison, manager of B.C. operations for the Canadian Association of Petroleum Producers, said the organization is trying to do a better job of assuring the public about the industry's practices.

"We recognize there is a broad concern about an

Tricks of the gas trade

Fracking 101. Northern Lights College in B.C. teaches students the ins and outs of working the fields — and staying safe

EMILY JACKSON
emily.jackson@metronews.ca

Stacy Smith is the dean of a program at Northern Lights College that trains field operators and power engineers. MATT KIELTYKA/METRO

The best time to frack is in the dead of winter.

Temperatures drop to -45 C, but to drill to gas trapped in shale in Northeastern British Columbia's Montney Play, rigs must be set up when the region's swampy muskeg is frozen so they don't sink.

Some city dwellers have perceptions that natural gas is a fast way to riches. Who can blame them? With the government promising billions in royalties from extracting gas and shipping it to yet-to-be-built liquefied natural gas (LNG) plants on the coast and then to Asia.

But that simply isn't the case.

"It's not a quick buck," explains Stacy Smith, program chair of trades at the Northern Lights College, during a tour of the simulated wellsite at the Fort St. John campus. Smith is the dean of a program that trains field operators and power engineers to drill, operate and monitor wells. Safety is his top goal.

"A huge amount of time and skill goes into making sure the gas is safe to move and use for everybody — it is not a simple process."

Yet it's the process that will power B.C.'s push for LNG plants. For every billion spent on the LNG facilities, $3.86 billion will be spent upstream, according to Fort St. John, B.C., mayor Lori Ackerman.

Not much is known about the long-term effects of fracking, a technology that dates back to the 1950s but exploded in use since 2000. But concerns are mounting about chemicals seeping into groundwater, methane escaping into the air, seismic activity and flaring of sour gas.

What they learn

Natural gas is one of the cleanest burning fossil fuels, but it's tough to get to, Smith says as he walks through the facility where, annually, 48 students train.

It requires a massive amount of energy. Once a well is drilled deep enough and sealed with concrete to prevent ground water contamination, water, sand and chemicals are pumped down to horizontally fracture the land and release the shale gas.

The gas bubbles up to a wellhead with pressure monitors and an emergency shut down valve. It can be "pretty nasty" when it comes out of the ground — if it contains hydrogen sulphide, it can kill. It can't be cleaned up. Instead, it's burned off in a process known as flaring.

Students learn to remove the hydrogen sulphide and to dehumidify the gas. After these processes, the product is mostly methane and ready to sell.

Why we frack

"It's the nature of the beast, it's the only way to access the shale gas," Smith says.

Some regions, including Quebec, have banned fracking.

"They don't want to take the chance, I think, to have the contamination potentially happen," he said.

But it's riskier in places with shallow shale formations, also known as plays. B.C.'s plays are deep — between 1,700 and 4,000 metres below the surface — compared to Quebec's (500 to 3,300 metres deep), according to the National Energy Board.

There are strict regulations around sealing wells to ensure chemicals don't leak into the ground water.

"The people that are up here, they're just like me and you. They're family people, they have kids, they don't want to see their water contaminated."

What can go wrong

"It's like anything that can go wrong," Smith said, especially operations involving massive machinery with moving parts.

Sometimes it's circumstances, sometimes there's a flaw that's missed, sometimes it's human error.

Technology improves safety, he says, pointing to emergency shut down valves that close automatically or electric monitors that alert a production facility immediately if something is wrong.

"As much as it kind of runs smoothly, there's always glitches that happen all the time, so somebody has to be there to fix them," he said. "Things break."

On opportunities

There's a two-year waitlist to get into the program, where graduates can expect starting salaries of $65,000 a year plus a healthy dose of overtime.

Even though job prospects are good, a lot hinges on the expected demand from the LNG plants.

"Everybody's sort of in this holding pattern, you know, kind of waiting," he said.

industrial process people aren't familiar (with) or is new to them," he said.

"Things Do Go Awry"

Still, Falls said the industry is not perfect. During his seven years at Westcoast Energy, Falls recalls one pipeline rupture — a sour gas leak near Fort Nelson, B.C. Fortunately, it was "very small," he said, and was quickly brought under control.

But the incident still underscores the risks associated with the industry, he said. "It doesn't matter how many studies have been done or how thoroughly they have been undertaken," he said. "Things do go awry."

"It's Not Going to Go Away"

Falls encouraged residents of communities where fracking is taking place to "ask the hard questions" to companies about emergency preparedness plans. But the industry also needs to do a better job at listening to community concerns, he said.

That's more important than ever, he said, as demand for fossil energy continues to rise. Even if there were to be strong public pushback against gas development in B.C., "that wouldn't change what the world is going to do," he said.

"If we don't supply it, somebody else is going to supply. We have to get better and we have to continuously improve because it's not going away."

THANDI FLETCHER/METRO, WITH FILES FROM CAM TUCKER

MORE IN OUR FRACKING SERIES

Friday

- **Cautionary tale.** Alberta ranchers warn British Columbia to heed warnings.

Online

- **Photo and map.** Stacy Smith takes us on a tour.

In pictures

1 Covering up. What's a wellhead?

Heavy-duty wellheads are placed atop holes after drilling is complete. The blue attachment on the right is an emergency shutdown valve that cuts off the gas supply in case of a fault in the system. ALL PHOTOS MATT KIELTYKA/METRO

2 Expensive operation. Rigs

This $6-million rig uses a kelly drive to bore into the earth and get to the shale gas. It used to be operational, but companies donated it to the Northern Lights College wellsite training facility.

3 Getting it out. Jacks that pump

A pump jack helps move oil out of the ground if there's not enough pressure for it to flow naturally.

4 Fine balance. Reading wellheads

Field operators measure pressure readings on wellheads to ensure it isn't too high (could indicate a potential explosion) or too low, which means the gas won't move through the pipelines.

5 The final step. Removing the deadly stuff

Once gas comes out of the ground, it must go through a variety of buildings and pipes to remove any deadly hydrogen sulphide and to be dehumidified.

Northeastern Nigeria.
Extremist Islamic group kills hundreds of people

Islamic militants who have triggered international outrage over the kidnapping of more than 270 Nigerian schoolgirls opened fire on a busy marketplace, killing hundreds in a new spasm of violence in the country's northeast.

The attack escalates Nigeria's growing crisis from a campaign of bombings, massacres and abductions being waged by the Boko Haram terrorist network in its campaign to impose an Islamic state on Africa's most populous nation.

As many as 300 people were killed in the assault late Monday on the town of Gamboru Ngala on Nigeria's border with Cameroon. The extremists opened fire on a marketplace bustling with shoppers, then rampaged through the town for 12 hours, setting houses ablaze and shooting those who tried to escape.

The attack and hundreds of casualties were confirmed by Borno state information commissioner Mohammed Bulama.

Outrage over the missing girls and the government's failure to rescue them brought angry Nigerian protesters into the streets this week.

Boko Haram has tried to root out Western influence by targeting schools, as well as attacking churches, mosques, government buildings and security forces in the country of 170 million, divided between a predominantly Christian south and Muslim north.

THE ASSOCIATED PRESS

Extremist violence

"Now all Nigerians feel they are involved. Civil society is beginning to coalesce over the plight of the kidnapped girls and in opposition to the violence by Boko Haram and to abuses committed by the military."

Elizabeth Donnelly, Nigeria Analyst at the Chatham House

Canada pledges to help find kidnapped girls

'Repugnant act.'
Foreign Affairs Minister John Baird said that the Canadian government will supply Nigeria with surveillance equipment

In the messy world of competing international interests, Foreign Affairs Minister John Baird decided Wednesday that the fate of hundreds of abducted teenage girls in Nigeria would come before all else.

Baird pledged Canada's unwavering support to help free the female students abducted by the Boko Haram rebel group, a tragedy that has now gripped the world.

Canada will supply surveillance equipment to help Nigeria find the girls, even though it has long-standing concerns about the country's human rights record, the Harper government said Wednesday.

Women attend a demonstration Tuesday calling on the government to rescue the kidnapped girls in Abuja, Nigeria. SUNDAY ALAMBA/THE ASSOCIATED PRESS

Baird added that loans of Canadian military hardware to Nigeria would be accompanied by Canadian military personnel to operate it.

"We obviously would have concerns, with Nigeria, with their human rights record and many issues," he said.

Without mentioning it specifically, Baird appeared to be referencing Nigeria's relatively new law that further criminalizes homosexuality. The Same Sex Marriage Prohibition Act criminalizes homosexual clubs and organizations, and carries a maximum 14-year prison term.

On Wednesday, Baird made clear there was no way Canada would agree to Nigeria's original request to turn over "millions" of dollars in military hardware without strings attached.

That said, Canada wants to do everything it can to help rescue the hundreds of girls aged 12 to 15 who were kidnapped by Islamic militants from a school in Nigeria three weeks ago, Baird said.

"I think that is what has captivated the attention of Canadians and frankly people around the world that are just horrified at this repugnant act," said Baird.

Nigeria has been fighting Boko Haram for five years, during which time it has claimed the lives of thousands.

THE CANADIAN PRESS

U.S. to send experts to help with rescue efforts

The Pentagon is sending fewer than 10 military troops to Nigeria as part of the U.S. effort to help find nearly 300 girls kidnapped by the Islamist extremist group Boko Haram.

A Pentagon spokesman says officials have no plans now to launch any military operations.

Pentagon spokesman Col. Steve Warren says the troops will be arriving in a few days as part of the larger U.S. assistance team to include State Department and Justice Department personnel. The military members will help with communications, logistics and intelligence planning.

Warren says the U.S. is talking with Nigeria about information and intelligence sharing, but nothing has been decided.

There are already about 70 military personnel in Nigeria.

THE ASSOCIATED PRESS

Other western countries

In France, Foreign Minister Laurent Fabius told lawmakers that France is ready to send a "specialized team" to help the kidnapped girls. Britain will also send a small team of experts to complement the U.S. team.

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No baby boom after this bust

Birth of fear. As with the Great Depression, the birth rate fell around the world after the Great Recession in 2008, but it has yet to rise back up

In this 1930 file photo, a nurse holds ababy in Philadelphia. When the economy falls, like it did in the '30s and 2008, the birth rate also falls. THE ASSOCIATED PRESS FILE

The financial crisis that followed the collapse of U.S. investment bank Lehman Brothers in 2008 did more than wipe out billions in wealth and millions of jobs. It also sent birth rates tumbling around the world as couples found themselves too short of money or too fearful about their finances to have children. Six years later, birth rates haven't bounced back.

For those who fear an overcrowded planet, this is good news. For the economy, not so good.

We tend to think economic growth comes from working harder and smarter. But economists attribute up to a third of it to more people joining the workforce each year than leaving it. The result is more producing, earning and spending.

Now this secret fuel of the economy, rarely missing and little noticed, is running out.

"For the first time since World War II, we're no longer getting a tailwind," says Russ Koesterich, chief investment strategist at BlackRock, the world's largest money manager. "You're going to create fewer jobs … wage growth will be slower." THE ASSOCIATED PRESS

An unmovable feast

Indian labourers sort mangoes at a fruit market in Hyderabad, India, Wednesday. Mangoes start arriving in Indian markets in April, providing a juicy, delicious respite from summer temperatures and humidity as they start climbing to oppressive levels. Piles of mangoes are cooled in refrigerators or buckets of ice-cold water or pureed to create refreshing drinks that cut through the scorching heat. Indians are feasting on some of the world's most succulent mangoes after the European Union banned imports of the fruit from India this month, producing a glut and rock-bottom prices for local consumers. THE ASSOCIATED PRESS

Market Minute

DOLLAR
91.79¢ (-0.13¢)

TSX
14,656.40 (+44.11)

OIL
$100.77 US (+$1.27)

GOLD
$1,288.90 US (-$19.70)

Natural gas: $4.74 US (-$0.05)
Dow Jones: 16,518.54 (+117.52)

Survey. We now watch TV everywhere

Anglophone Canadians are now spending almost a third of their time online watching video, according to a report by the Media Technology Monitor.

In a survey with 4,009 English-speaking Canadians conducted between Oct. 7 and Dec. 1 of last year about 75 per cent of the respondents said they watched some online video monthly.

Two-thirds of them said they regularly watched videos on YouTube, 42 per cent streamed TV content, 34 per cent sat down for full movies, 29 per cent used Netflix, and 26 per cent said they watched news and sports videos.

While mobile streaming is growing, most were still using a computer to watch online video.

About 83 per cent of those polled said they use a laptop or desktop computer to access online video, while about one in three sometimes use a smartphone and one in four stream with a tablet or Internet-connected TV.

MTM noted that in particular, watching TV shows on non-computer devices grew significantly between 2012 and 2013.

But the growing popularity of streaming video still hasn't caused TV customers to cancel traditional service in droves, MTM reports. THE CANADIAN PRESS

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THE MOTHER OF ALL HOLIDAYS

HE SAYS

John Mazerolle
metronews.ca

Mother's Day was always a special event in my parents' household, because it meant I was attempting to be an adult on a scale I've never quite recaptured in my adulthood.

Back then I bought flowers, wrote my own cards, and picked out gifts, including a large, framed stock photo of a rose on a keyboard that would have been an amazing gift if my mother was the manager of a Super 8.

I even — and this is why it's always been The Mother of All Holidays in my mind — tried to cook.

If I were to add up the number of times in my life where I attempted to prepare a full meal, it's likely Mother's Day would be responsible for at least five of them — so around half the meals I've ever cooked have been for Mom.

That's the kind of outstanding son I am.

Now I live in a different city and, like most adult sons, I make a point on Mother's Day of letting my mother know that I exist and that I know she exists, too.

This seems to touch her deeply.

I suppose it's better than leaving bread crumbs and runny yolk on her bed sheets.

Focusing on love instead of buying something saves Mom and I from the crass commercialization of yet another Hallmark holiday, while coincidentally saving me from the high price of a Hallmark card. Mommy dearest, indeed.

I've compiled some numbers to show the big business that Mother's Day has become.

I think you'll find the stats as surprising as I did when they occurred to me in a fever dream.

A fever dream of research.

Mother's Day By The Numbers:

1: Average number of mothers per lifetime, per person in Canada.

$23.2 billion: Amount that is expected to spent on Mother's Day this year in North America.

$23.1 billion: Amount that will go to the richest 1 per cent of mothers.

63: Per cent of U.S. mothers who will get food stamps in bed.

7.2: Average number of carnations required for a mother to believe her child loves her.

890,000: Number of pre-written cards with Mother's Day poetry rhyming love, glove, dove and above.

4: Number of pre-written cards with Mother's Day poetry rhyming love and shove.

100 per cent: Amount KFC, Taco Bell and other corporations love mothers, according to their Twitter feeds.

10,000: Number of awwws about to ring out around Canada.

0: Mothers better than mine.

ZOOM

Boo-boos are hard to bear

Mango, a 19-year-old male Syrian brown bear, rests on a bed as zoo veterinarians and staff prepare him for surgery in the Ramat Gan Zoological Center's animal hospital near Tel Aviv, Israel, Wednesday. The 250-kilogram bear was going into surgery to repair a herniated disc in his back after it was discovered in an X-ray. ARIEL SCHALIT/THE ASSOCIATED PRESS

Syrian bear goes in for surgery

In Israel, a 19-year-old Syrian brown bear named Mango underwent surgery Wednesday to repair a herniated disc, said Sagit Horowitz, a spokeswoman for the Ramat Gan Zoological Center near Tel Aviv.

Zoologists first noticed Mango had a problem when he started to show signs of paralysis in his hind legs, said Dr. Merav Shamir, who led the surgery on the furry patient.

THE ASSOCIATED PRESS

They've got his back

"It started acutely," said Shamir. "He wasn't able to move his right hind limb and it progressively deteriorated over the following 48 hours to become completely paralyzed on the hind limbs."

"I'm nervous now — I'll be happier in a few hours," Shamir said before the hours-long surgery began.

"I wish him luck."

Veterinarians will know in the coming weeks whether Mango makes a full recovery.

THE ASSOCIATED PRESS

A potential lifesaver

Such procedures aren't uncommon at the Ramat Gan Zoological Center, the premier zoo of Israel. Last year, veterinarians there used acupuncture to cure the chronic ear infection of a 14-year-old Sumatran tiger.

- Shamir said other bears with a similar disc problem have been euthanized. The surgery Mango underwent is novel for bears, though it's often performed on small dogs.

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MetroTube

Watch this guy touch the sky

ANDREW FIFIELD
metronews.ca

Fighter pilot tends to join gigs like astronaut and race car driver on the list of cool jobs many of us, at least once, said we'd have when we grew up.

Of course, life intervened and shuffled most of the many onto other career tracks while the few stuck it out long enough to achieve the white-knuckle life.

We don't know if the younger version of photographer Blair Bunting had similar dreams, but at least he got to take to the skies in a USAF Thunderbirds F-18 for one day. And his cooler-than-ice handling of it was all captured on rather dizzying video.

SCREENGRAB

(Via Jaron Schneider on YouTube)

metro

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Theatre's cup overfloweth with a rich, dark love story

A fresh order of Espresso. The big play that saved a small theatre company from extinction

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Everyone loves a good comeback story. And that's what the play Espresso represents for Pacific Theatre when, 30 years ago, on the brink of closing its doors for good, the company staged what would turn into its most-acclaimed original production.

"We knew ... we were going to put Espresso up," says artistic director Ron Reed. "It was exactly the right kind of play for Pacific Theatre, even if it was the last show we ever did. Well, not only did it sell, but we remounted it the next fall and it sold out both runs. So, extraordinarily, it's the show that *saved* Pacific Theatre that I thought would *end* Pacific Theatre."

A theatrical resurrection, as it were. And now — fittingly — it's wrapping up the theatre's 30th anniversary season.

Robert Salvador and Lucia Frangione star in Pacific Theatre's resurrected production of Espresso for the group's 30th anniversary season. The show tells the story of a man's car accident and how it affects the lives of the three women who love him the most. CONTRIBUTED

The play was written by award-winning Canadian playwright Lucia Frangione, who's penned 25 of them. This one, though, is known as one of her "blasphemy plays."

"I was terrified to write this play for two reasons, Frangione says. "One, it is inspired by events in my very private, powerful family. Two, it is an exploration of the erotic side of Christ's love."

CHECK IT OUT AT PACIFIC THEATRE FROM MAY 16 TO JUNE 14. MORE INFORMATION AT PACIFICTHEATRE.ORG.

Quoted

"It was exactly the right kind of play for Pacific Theatre, even if it was the last show we ever did."

Ron Reed
Artistic director of Pacific Theatre

Arts about town

- **Little Orange Man:** The Fringe presents SNAFU Dance Theatre's Little Orange Man and its sequel, Kitt & Jane, on now at Studio 1398 (1398 Cartwright St.). You can see Little Orange Man tomorrow night, and/or Kitt & Jane tonight, Saturday or Sunday night as part of the Vancouver Fringe Festival's first-ever year-round presenting series. Yay Fringe! Visit vancouverfringe.com for more info.
- **Duelling Banjos:** Two of America's finest banjo players take the stage at the Chan Centre (UBC) on Saturday night. Husband-and-wife duo Bela Fleck and Abigail Washburn play an eclectic mix of bluegrass, traditional and original compositions. Tickets from $36. Starts at 8 p.m. More information at chancentre.com.
- **Great Britannia:** Family Fun Day returns to Britannia Mine Museum this Saturday. There's an all-day Lego hunt, face painting and temporary tattoos , a costume photo booth, the underground mine train, 20-storey Mill building, taiko drumming performances and much more. Starts at 10 a.m. and goes until 4 p.m. More information at britanniaminemuseum.ca.

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Jamie Foxx brings electricity to Spider-Man 2

Actor Jamie Foxx plays Electro, a tragic and sympathetic villain, in the newly released Spider-Man 2. CONTRIBUTED

Electro. Metro talks to Jamie Foxx on playing a sympathetic villain

MATT PRIGGE
Metro World News

Since 2004's one-two punch of Collateral and Ray — the latter which won him a Best Actor Oscar — Jamie Foxx hasn't had too many chances to cut loose. (For the record, he's had small comic parts in Horrible Bosses and Due Date.) In The Amazing Spider-Man 2 he gets to have fun — sort of. As Max Dillon, a frustrated and ignored scientist turned into the villain Electro, Foxx gets to play the villain, albeit a tragic one with a sympathetic genesis. But if he comes back for future instalments, Foxx can't wait to go full-on bad.

What is your own history with Spider-Man?

There were only three networks when I was a kid. When The Electric Company came on, and Morgan Freeman was the host, they would play Spider-Man in between the educational stuff. I was blown away, because that's the only time you see a superhero. There were no cartoons. You could only watch cartoons on Saturday — if you did your homework. You'd go outside and do your webs, or you're in your car with your mom, saying, "Look, ma, my web." "You ain't got no web, shut up."

Are your daughters into Spider-Man?

My daughter is three years old. She loves Spider-Man, out of nowhere. She can spell it. She trips people out on how she can spell it. And you don't know where they get it from. Spider-Man's just this thing.

Were you reluctant to play the villain?

No! Not at all. And electricity — you can't really kill electricity. I'm hoping if they do The Sinister Six that you'll be able to see him fully turn into the villain. Villains get to have more fun.

He's a very sympathetic villain — at least initially.

Yeah. That's what's great about the Spider-Man franchise: All of the villains start from another place. They're misunderstood. They're not like, "I'm going to take over the world!" I just want to get the people back who did me wrong.

He can be very vulnerable, too. Was that what intrigued you as an actor?

People have empathy for him — where he's not just some guy you don't care about.

Box office

Sequel kicks off summer season

The Amazing Spider-Man 2 swung into North American theatres with a $91.6-million US debut, kicking off Hollywood's summer season. 2007's Spider-Man 3, by comparison, opened with $151.1 million US. Sony has a lot riding on Marc Webb's version of the web slinger, starring Andrew Garfield and Emma Stone. It has plans for two Spider-Man sequels and two spinoffs.
THE ASSOCIATED PRESS

Remembering a Canadian storyteller

Farley Mowat.
Author was outspoken about many social, environmental issues

Canadian author Farley Mowat, a master storyteller and tireless defender of nature and wildlife, has died at age 92, his assistant confirmed Wednesday.

From the time he was 13, Mowat was fiercely dedicated to writing about the natural world. As a young teen he started a magazine called Nature Lore and had a column in the Saskatoon Star Phoenix.

He went on to write some 40 books, many based on his own adventures and travels. He said he was lucky to be able to combine his two passions, writing and nature, calling it "the only subject I really want to write about."

Throughout his life, Mowat was adamant that humans learn to live in harmony with the natural world.

"It's a matter of survival," he told The Canadian Press in a 2006 interview. "Either we learn to do this, or we cease to exist. We have no God-given right to survive forever. We have screwed up so badly in so many ways so obviously that only utterly stupid species would consider that we have much of a future, as things stand.

"Only by recognizing how far off track we've gone are we likely to be able to recover our footing and carry on."

One of his most famous books, Never Cry Wolf, is said to have changed the way people saw wolves; after the Russian version was published, the government there even banned the killing of one of Mowat's favourite creatures.

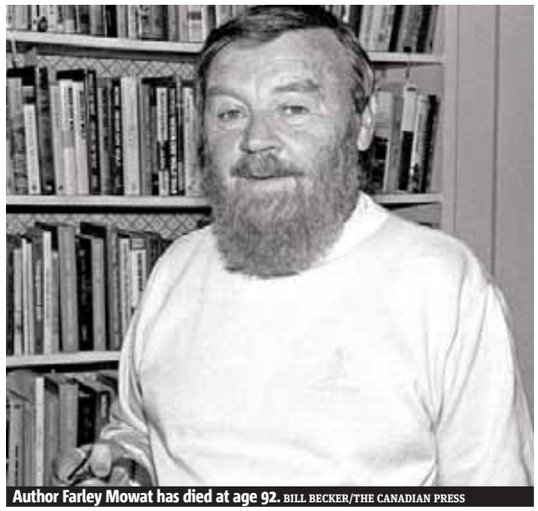
Mowat was born in Belleville, Ont., in 1921. The son of a librarian, he grew up in Windsor, Ont., and Saskatoon. He studied at the University of Toronto. His novels and other non-fiction works have been translated into more than 20 languages.

A remarkable storyteller, Mowat said the pleasure he got from writing was paramount.

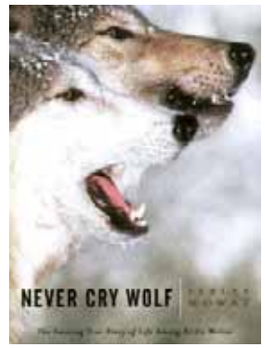
"My motives have been selfish in a peculiar way," he said, "not to attempt to gain recognition, fame, to become an icon, to become a Conrad Black or somebody like that, but simply to satisfy my own appetite for good stories."

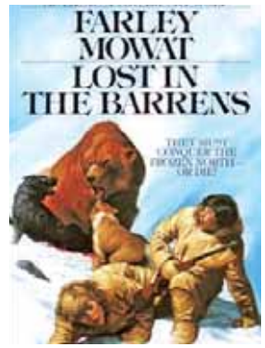
He was awarded the Queen Elizabeth II Jubilee Medal in 1956, the Governor General's Award for Lost in the Barrens in 1956, the Leacock Medal for Humour for The Boat Who Wouldn't Float in 1970, the Order of Canada in 1981 and a Lifetime Achievement Award from the International Fund for Animal Welfare in 2003.

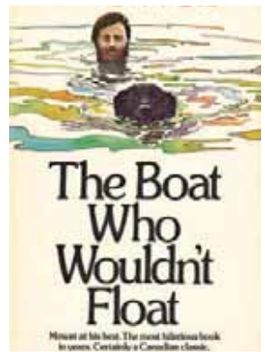
THE CANADIAN PRESS



Author Farley Mowat has died at age 92. BILL BECKER/THE CANADIAN PRESS







3rd season. Series is back in Black (and Orange)

Netflix has ordered 13 additional episodes of Orange Is the New Black, its comedy set in a women's prison. The show will go on to a third season, according to a post on Instagram from actress Laura Prepon. Season two of the comedy series, which was developed by Weeds creator Jenji Kohan, will arrive June 6 on Netflix.

Orange Is the New Black follows Piper (Taylor Schilling) during her stay in a U.S. federal penitentiary. The young woman is sentenced to 15 months for having transported drugs for her former lesbian lover, played by Laura Prepon (That '70s Show).

As a result, she is forced to trade a comfortable life with her fiancé Larry (Jason Biggs) for an orange jumpsuit and the gritty living conditions of a women's prison. On the inside, she ends up striking an unexpected alliance with a group of eccentric and loud-talking inmates. The series is inspired by the true story of Piper Kerman, who spent 15 months in a Connecticut prison between 2004 and 2005. AFP

Laura Prepon, left, and Taylor Schilling in Orange Is the New Black, which has been renewed for a third season. CONTRIBUTED

Music

Imagine Dragons, Lorde set to play MMVAs

Lorde GETTY IMAGES FILE

Las Vegas rockers Imagine Dragons and New Zealand singer Lorde have been announced as performers at next month's MuchMusic Video Awards.

Imagine Dragons have had a breakout year with their hit Radioactive, while Lorde has struck gold with her single Royals. Both are leading contenders heading into the upcoming Billboard Music Awards.

MuchMusic also announced that voting has opened for the MMVA categories that are voted on by fans. Details can be found on the MuchMusic website. The MuchMusic Video Awards, which are celebrating their 25th year, take place June 15.

THE CANADIAN PRESS

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George Clooney ALL PHOTOS GETTY IMAGES

Just call him groomzilla? George is set on walking down the aisle this fall

If you think George Clooney's surprise engagement to Amal Alamuddin came quickly, just wait until the save-the-date cards go out. Clooney is reportedly wasting no time in tying the knot, with a fast-approaching wedding date, according to Radar Online.

"The wedding is to take place in September," a source says. "They've told family and friends they will only disclose the location at the last minute, and it will be very private. Neither George nor Amal want the wedding to be a public affair — and her family doesn't, either."

And the wedding isn't the only bit of planning on the fast track, as Clooney and Alamuddin "definitely want kids ASAP," the source says.

Biebs cozies up to Miami model after spotting her on Instagram

Justin Bieber's on-again, off-again relationship with Selena Gomez must really be off again, as the pop star apparently has been cozying up to 18-year-old Miami-based model Yovanna Ventura, according to E! News.

Bieber apparently first spotted Ventura on Instagram and reached out to her, meeting up with her when he was in Miami in April and then this month in Las Vegas before heading to L.A., where they were spotted acting "like a couple" on the Venice Beach boardwalk.

Justin Bieber

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Tabloid pays price for J.K. Rowling 'sob story' claim

A British tabloid has apologized and paid damages to Harry Potter author J.K. Rowling over an article about her time as a single mother.

Rowling brought a libel case against the Daily Mail after it alleged in an article in September that she told a false "sob story" on how people at her church stigmatized and taunted her for being a single mother on welfare. The newspaper report was based on an essay Rowling wrote for a charity describing her experiences some 20 years ago.

The paper printed an apology Wednesday stating that Rowling in fact did not make any false claims. The paper said it had agreed to pay "substantial damages" and legal costs to Rowling, who will donate the money to charity. THE ASSOCIATED PRESS

Miley Cyrus

Miley recovering from sudden illness with 'crazy honey and lavender'

Miley Cyrus is just fine, y'all. The Wrecking Ball singer resumed her world tour in London after a sudden illness landed her in the hospital and caused her to cancel dates for three weeks.

But before she took to the stage, Cyrus wanted to make sure everyone knew that reports she'd suffered a drug overdose were false. "I didn't have a drug overdose. I took some s—ty antibiotics that a doctor gave me for a sinus infection and I had a reaction," she said at a press conference at London's O2 Arena before her return performance. "I'm feeling good, I'm alive — so that's f—ing awesome. I'm the poster child for good health." She's even taken drastic steps to maintain her health: "I'm on this crazy vitamin rush and crazy honey and lavender. I learned a lot about taking care of myself."

Twitter

@JamesFrancoTV
"50 shades of batman and robin w/ Spider-Man"

@pattonoswalt
Totally just saw the green dragon from GAME OF THRONES drinking at Little Dom's.

@oliviawilde
This year, instead of attending the "Met Ball", I leaked milk, and ate an entire napkin while inhaling a felafel.

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See that symbol? It means you can scan this photo with your Metro News app to see a video montage of Lindsay Ellingson strutting her stuff on the Victoria's Secret runway.

Tips from the lips of an Angel

Model management. From hot-power yoga sessions to facial massages for breakouts, Lindsay Ellingson shares all her tricks

ROMINA MCGUINNESS
Metro World News

CONTRIBUTED

We've all had those moments: You want to get rid of bloat in a week's time for a big event or need to turn your complexion around in 24 hours for a big job interview. With a long list of big-time catwalks including Chanel, Chloé and Prada, and five years as a Victoria's Secret Angel under her belt, model Lindsay Ellingson has become a master at solving a beauty problem quickly. She reveals some of her tricks for looking fresh:

Start on the inside

"You can just tell when a girl looks sick or is too thin. I get light-headed and my energy fades. It's good to eat lots of clean, hearty meals so that you're not starving yourself — something like chicken, sweet potato and broccoli. I don't like putting food in my body that makes me feel toxic, so I always carry almonds in my purse. I'll eat a cheeseburger if I want one, but I'll just balance it out with a green juice. I eat less sugar, it just helps my skin glow and stops my energy levels from spiking."

Put the Starbucks runs on pause

"I love cold-pressed, iced black coffee but caffeine is dehydrating so I drink Kusmi Detox tea instead."

Add some heat to your yoga

"I've been doing hot power yoga four times a week and feel more toned than ever. It's not as hot as Bikram — I tried that once and almost passed out! Be in tune with your body and listen to it — if you're tired, it's OK to rest."

Hydrate well, inside and out, to fake a solid night's sleep

"I need about nine hours of sleep but I've learned to function with much less. I would fly overnight to Milan, arrive in the morning and go straight to 14 appointments — that's your job. So I started to sleep with an eye mask or take some melatonin (during flights). And drink lots of water. When you wake up dehydrated, your skin feels horrible. So I would put on the SKYN Iceland Hydra Cool Firming Eye Gels, roll an ice cube around my eye zone and spritz my face with the Heritage Store Rose Petals Rosewater — it helps me look awake"

When all else fails, copy the makeup artists

"I've definitely arrived super tired and broken out on the last day of the Paris shows. Thankfully the makeup artists are amazing when it comes to erasing signs of fatigue. They'll give a face massage using the Embryolisse Lait-Crème Concentré face cream to increase the blood flow to your face and use eye drops for extra sparkle. I also like to use Ling Drying Lotion on a pimple at night and it'll be gone by the time you wake up."

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Girls who've grown into glamorous

Seniors strut their stuff. Advanced Style offers intimate glimpse into lives of fashionable seniors

Debra Rapoport of the documentary Advanced Style poses for a photograph in Toronto. The documentary is focused on stylish seniors. NATHAN DENETTE/ THE CANADIAN PRESS

Glamorous older women captured by blogger Ari Cohen are getting their close-up in the documentary Advanced Style, which explores the private lives of stylish seniors.

Director Lina Plioplyte turns her lens on Cohen — creator of the Advanced Style blog — as he photographs women on the streets of New York in the documentary, which premiered at the Hot Docs festival in Toronto.

Plioplyte said she initially started filming short clips of the women peeking through their closets and "having cute moments," which received an incredible response on YouTube. After putting out a trailer that netted one million views, Cohen said they decided to get serious about making a film, distilling 200 hours of footage for the documentary.

Beyond the fashion, Advanced Style delves into the women's joys and passions — as well as their vulnerabilities, such as the desire for love and companionship in their golden years.

"The movie would not be what it is if it was only about fashion," Plioplyte said in an interview seated alongside Cohen. "I did not want to make a film that's only about colour and dress, because who they are behind the clothing are women who are like all of us. We want to be happy, we want to have a companion, so it was an absolutely necessary part of the film.

Wearing their wisdom

"They're vulnerable and strong. That's the most beautiful thing to me. And they're comfortable in their vulnerability as much as their strength."

Lina Plioplyte
Director Advanced Style

"With the life experience of 60 or 80 years comes not only this glamorous idea of self, knowing of self, but also you have a lot of dark stuff that you went through in your life that makes you who you are — makes you strong," she added. "They're vulnerable and strong. That's the most beautiful thing to me. And they're comfortable in their vulnerability as much as their strength."

Wearing ornate toppers, colourful coats and stacks of bangles and baubles adorning their arms, two of the stars of Advanced Style express pride in being able to redefine outdated societal views of seniors.

"I think it's the greatest inspiration for older women and younger women," said Lynn Dell, 81, founder of the Off Broadway Boutique. "We want to just show them what we can do, what we're about and what it's all about — what you can do."

"I live a very creative life and I encourage others to just find their creativity and their vitality and go for it, without judgment," said Debra Rapoport, 69, who operates the Viva Le Hat website and Etsy shop and has presented workshops on personal style and creativity.

"It's not about shopping, it's not about brand names. It's about finding what works for you and how you want to present yourself to the world."

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Canadian street style

Spotted in: Toronto

Name: Jenna Kennedy

Age: 28

Occupation: Co-owner Rockford Peach Vintage Lifestyle Brand and sales associate at Dutil Denim

What she's wearing:
Vintage Levi's black jean jacket with Rockford Peach sewn on patchwork, American Apparel T-shirt, Neuw Black high waisted jeans, vintage Gucci loafers.

What she's wearing:
"Denim ... rockstars and short girls ... Jim Morrison and the Olsen twins "

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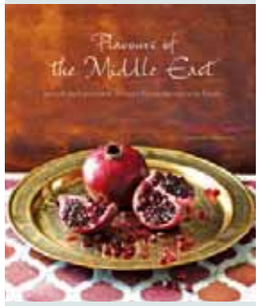
Cookbook of the Week

A culinary Middle Eastern trek



Flavours of the Middle East by Ghillie Basan showcases dishes you would encounter should you travel the ancient lands of the region. With feature spreads profiling the essential ingredients and more than 60 authentic recipes, the book makes it easy to prepare exotic fare at home. You'll start with appetizers like Hot Hummus with Samna, make your way to main courses with Poached Fish with Saffron, throw in some veggies like Fried Carrot and Fennel and end with sweets like Noah's Pudding. **METRO**

Intense flavours of Palestine

This recipe serves four. STEVE PAINTER

Chicken, Onions and Sumac with Pitta Bread. These bites are served as a street snack by tucking the ingredients into a pouch

1. Preheat the oven to 180 C (350 F)

2. Heat olive oil and butter in a heavy-based pan and stir in the onions. When they begin to soften, add garlic and fry until the onions turn golden brown.

3. Add the chicken and cook for 2–3 minutes, before stirring in most of the sumac, cardamom and baharat mix.

4. Add the lemon juice and cook gently until the chicken is tender but still juicy. Toss in most of the pine nuts and parsley and season to taste with salt and pepper.

5. Place the pita halves on the prepared baking sheet. Pop them in the preheated oven for about 10 minutes to toast them. Fill the toasted pouches with the chicken mixture, top each one with a dollop of yogurt and scatter the reserved sumac, pine nuts and parsley over the top. Serve immediately.

FLAVORS OF THE MIDDLE EAST BY GHILLIE BASAN (RYLAND PETERS AND SMALL, $35.95; RYLANDPETERS.COM)

Ingredients

- 2 tbsp olive oil with a knob/pat of butter
- 2 onions, sliced
- 2-3 garlic cloves, crushed
- 700 g (1 3/4 lbs) chicken breasts, cut into bite-size strips
- 2-3 tsp ground sumac
- 1 tsp crushed cardamom seeds
- 1-2 tsp baharat mix
- freshly squeezed juice of 1 unwaxed lemon
- 2 tbsp toasted pine nuts
- a small bunch of fresh flatleaf parsley, finely chopped
- sea salt and black pepper
- 4 pita breads, halved cross-ways to form 8 pockets
- 4 generous tbsp thick yogurt
- baking sheet, lightly oiled

Snack. Halloumi with Figs, Olives and Zahtar

This recipe serves four people. STEVE PAINTER

1. Heat the oil in a heavy-based saucepan. Add the halloumi and fry for 4–5 minutes until golden-brown all over. Drain on paper towels.

2. Tip the halloumi onto a serving dish, scatter the sliced figs and olives over and around it and drizzle the grape molasses over the top. Sprinkle with zahtar and a little salt to taste and serve immediately, while the halloumi is still warm, with wedges of lime to squeeze over it.

Ingredients

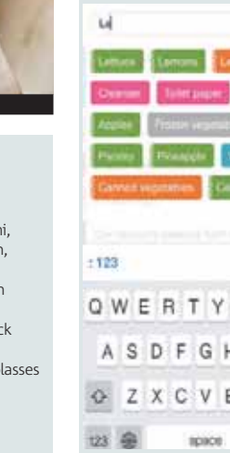
- 3-4 tbsp olive oil
- 250 g (8 oz) plain halloumi, well rinsed and cut into thin, bite-size slices
- 4-6 dried figs, cut into thin slices
- 2 tbsp crinkled, fleshy black olives
- 1-2 tbsp grape or date molasses
- 1-2 tbsp zahtar
- a sprinkling of sea salt
- 1 lime, cut into quarters

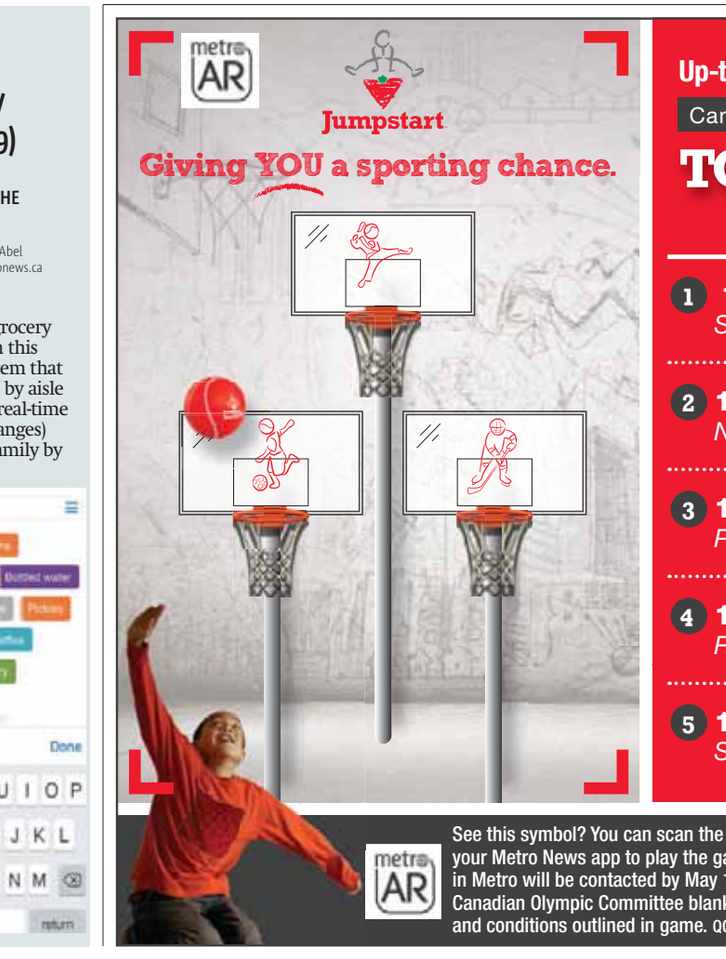
For your phone

Buy Me A Pie! (iPhone/iPad/ Android; $2.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Intuitively create grocery shopping lists with this auto-complete system that colour-codes items by aisle and then share in real-time (complete with changes) with friends and family by email or text.





Up-to-date scores

Canada TOP 5

1. **178 points** *Saudah-Toronto*
2. **155 points** *Niramay-Toronto*
3. **141 points** *Phally-London*
4. **131 points** *Ritik-Vancouver*
5. **129 points** *Salvatore-Toronto*

metro AR

See this symbol? You can scan the photo above with your Metro News app to play the game. The top 5 winners in Metro will be contacted by May 16th and will win a Canadian Olympic Committee blanket. Subject to terms and conditions outlined in game. QC not eligible.

PREP FOR A HASSLE-FREE NIGHT

PLANNING IS KEY BEFORE YOU GO OUT

Has it been awhile since you have had a mom's night out? Or maybe you just became a mom and this is your first evening getaway sans baby.

Either way, take some time to get things ready before you slip on your heels. That way you won't have to worry mid-entrée about what's going on at home!

Here is what you need to do to get things in order for your mom's night out.

BABYSITTER CHECK
Line up your babysitter as soon as you have got a date for your big night out. Veteran moms know to cultivate a list of sitters to call on if one can't make it on a specific night.

Also, see if you can confirm times with them when you book them. How early can they come? How late can they stay? And do you need to drive them home?

PREPPING YOUR KIDS
Despite the many demands your little ones make for play dates, they are likely to balk when it comes time to tell them you are heading out on a play date of your own. Give your kids plenty of warning — think a few days ahead — and provide them with all of the reassurances they need that you are coming back at the end of the night and that they will see you in the morning.

SET UP EMERGENCY PLANS
That includes writing out phone numbers for the sitter, lining up an emergency contact in case they can't get a hold of you, and setting aside the children's health cards. If you can do this a day ahead, it's one more thing taken care of as you head out the door.

DON'T FORGET ABOUT YOURSELF!
Use this night out as an opportunity to pamper yourself a bit if you can. At best, go for a facial and massage treatment at a spa before you meet your girlfriends. At the least, get a bang trim or overall hair trim if you can swing it, or a home manicure and pedicure. Tip: See if the sitter can come a bit early, even to allow you the freedom to get ready without little fists pounding on your bedroom door.

Your checklist for a memorable evening out

Like prepping to head out for a play date, getting ready for a mom's night out takes a little bit of work.

Here is what you should have at the ready to make sure you have a memorable night out.

CELLPHONE: You may want to FaceTime your kids good night via your sitter's phone, you may not. At the least, it's a way to get a hold of you should a (rare) emergency happen.

LIP GLOSS: Look for a purse-sized gloss to discreetly slick on between events — think after dinner, but before dancing with the girls. Also handy: Blotting sheets to soak up shine; eyeliner; and a sample-sized perfume to keep you smelling sweet all night.

CASH: Credit can be king, but a little cash on hand goes a long way if you are hopping into a cab, tipping a waiter or, better yet, a bartender.

CARDS: You know if you don't bring identification, this will be the night you get ID'd when you order your vodka cranberry. So tuck it into your wallet just in case, along with your health card — again, just in case. Tip: Leave your children's health cards at home with the sitter in case something happens and she needs to hand them over to a first responder.

FLATS: Not used to wearing three-inch stilettos anymore, are you? Tuck a small pair of foldable ballet flats such as CitySlips or Damn Heels into your purse for end-of-the-night tired tootsies.

KEYS: The last thing you want is to have to ring your doorbell or pound on the front door to wake up the house to get back into your home.

Mom deserves special thought

KATHY BUCKWORTH
For Metro

Mother's Day is supposed to be a day of celebration and gift giving — everything from handmade cards from the kids, to more expensive glittery items from grateful dads.

But some gifts can cause more stress and guilt than joy. Things like:

• The workout equipment/gym clothes/personal training sessions for the mom who hasn't had the chance or inclination to work out for a number of years. The reminder that she needs to get off the couch can be a harsh one. Suggest instead a bike ride or a family hike.

• A new blender/mixer/toaster oven or other small appliance for the mom who really doesn't want to spend any more time in the kitchen than she already does. This is going to make her feel bad about cluttering up the counter and not using the appliance.

• Gift cards are a terrific choice if mom likes to visit and shop at that particular place, but not if it is a hassle for her to get there with the kids. Think before choosing (giftofchoice.ca has a huge selection).

• A spa treatment sounds wonderful, but isn't for everyone. Not all women enjoy spa treatments to begin with, and those who do often can't indulge because they can't find a sitter for the kids or time in their schedule. Make sure the treatment is wanted, book the sitter, and get it in her schedule so she doesn't feel the gift card expiry guilt.

• Clothing can be tricky for those who aren't used to buying it for someone else. If you get a size too small you might be inferring she needs to lose weight; a size too big could mean you think she is bigger than she is. Check labels and sizes of favourite clothes before shopping.

Take extra time and think about what you are going to get your mom for Mother's Day. SHUTTERSTOCK

Beauty. Gift ideas to make her feel pretty

JANINE FALCON
For Metro

We have rounded up a selection of covetable skin care, fragrance and makeup we think would go beautifully with that pretty bouquet of flowers you have already picked out for the best mother in the world.

The Schwarzkopf Professional Ceramic Hair Dryer cuts drying time by 50 per cent. $215 at schwarzkopf.com for salons. This tangle-proof 3D Speed Brush by Hot Heads also cuts dry time and boosts shine. From $18, delineation.ca.

Caudalie Polyphenol C15 packs a powerful antioxidant punch coupled with a potent dose of brightening vitamin C. Anti-Wrinkle Protect Fluid, $52; Serum, $66; Eye and Lip Cream, $52. All at Sephora, sephora.com.

Fresh Black Tea Instant Perfecting Mask is a deliciously cooling, hydrating whipped texture that leaves skin feeling wonderfully fresh. $88 at Sephora, sephora.com.

The Clarisonic Aria Cleansing System, newly available in cheerful hot pink, has three speeds for its complexion-perfecting sonic action. $225 at Hudson's Bay, Sephora and Shoppers Drug Mart. Mom's already all set with a unit? The new **Clarisonic Luxe Facial Brush Cashmere Cleanse** is a satiny-soft, dual-brush replacement head that fits all models. $36 at Sephora, sephora.com.

Diptyque Geranium Odorata is a free-spirited blend of lush geranium anchored with bergamot, green cardamom, cedar and vetiver. $118 at Holt Renfrew, holtrenfrew.com.

Yves Saint Laurent Oriental Collection Supreme Bouquet is an exotic, heady floral blend of tuberose and jasmine sambac with warm amber-woody accord. $230 at select Holt Renfrew and Hudson's Bay stores.

Les Exclusifs de Chanel Jersey Extraits is the new perfume edition of the elegant scent interpretation of the supple knit fabric Mademoiselle Chanel made chic in 1916. $200.

The limited-edition **Bellavance x Burt's Bees Lip Balm Roll** by design duo Bellavance includes two tinted balms and two shimmers. Proceeds to Pollinator Partnership of Canada. $20 at burtsbees.ca.

Philosophy Amazing Grace Firming Body Emulsion tones skin with conditioning shea butter and nourishing oils, $44. The lovely feminine floral with a hint of musk now comes in a purse-friendly **Perfume Roll-On**, $25. Both at Sephora, sephora.com.

St. Tropez Self Tan Luxe Dry Oil bestows skin with a gorgeous, subtle gleam, delicate scent, and a fresh-off-the-yacht sun-kissed glow with daily use. $60 at Sephora, sephora.com.

WaySpa gift cards help give mom some much deserved spa-pampering time. Added genius — digital versions are an option if you have left your shopping a bit late. Available at wayspa.com.

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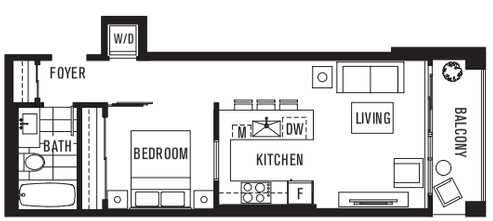


SALIENT

RENNIE MARKETING SYSTEMS

Plum-struck makeover

Colour creates a living room with style. One reader with just a sofa gets some affordable decor suggestions

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Q: My small living room has a new sofa with neutral wood floors and walls. I'd like the room to have some colour added but look relaxed and organic.

— Trisha, via email

A: Start by choosing another neutral colour to help accent the beige tones in the room.

I suggest a soft stone-purple colour; it comes in many tones and layering it will give it an organic look.

A patterned area rug will help add some life to the room while adding a statement chair will help to define the new colour in the room.

If introducing more of the warm beige colour, then bring it into the room with texture — you have more than enough smooth beige filling the room!

Here's a storyboard of products that I think would enhance your living room without breaking the bank.

BEFORE: A beige room needs some colour and accessories

Magic carpet

Tie-dyed patterns create an organic look while incorporating all the colours of the room. All wool 8x10-foot carpet, $460, eCarpetGallery.com

Wing it

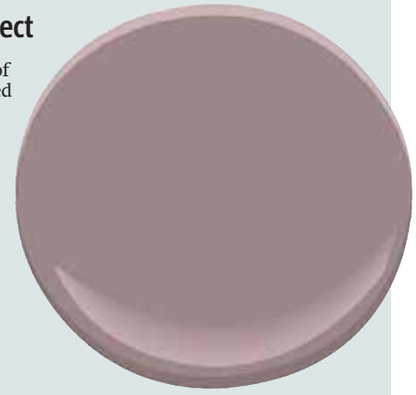
A tall fashionably coloured chair is perfect in the corner of the room. Luxe Wind Chair, $1925, CrateAndBarrel.com

Jute your fancy

It's a footrest or place to perch. Jute rope Pier Pouf, $129, UrbanBarn.com

Paint perfect

A focal wall of colour painted behind the sofa will add drama to the all-beige room. Cinnamon Slate 2113-40, Benjamin-Moore.ca



Feather your nest

Modern and natural style pillow with long feathers printed on velvet. Micro Velvet Feather Cushion, $15, Simons.ca

Grain power

Two organic images printed on birch wood veneer hung side-by-side would be the perfect proportion over the long sofa. Old Wood 28x36-inch print, $249, WestElm.com

'Round the table

Simple in form yet with the look of a well-travelled accessory, this table adds exotic flair. Moroccan Coffee Table, $399, PotteryBarn.com

ALL PHOTOS CONTRIBUTED

Spell out love for Mom — literally

Monogram. There are plenty of ways to personalize gifts for Mom and her home this Mother's Day

This blanket comes in either acrylic or cashmere, and the trim and initial can be had in a wide range of colour options. GIRLYTWIRLY.COM/THE ASSOCIATED PRESS

Thanks to modern technology, we're now able to monogram just about anything, cheaply and easily.

Teens can initial their water bottles, kids can get their names on lunch boxes, dads have their own golf balls, and moms ... well, let's take a look at some fun, personalized gift ideas for her.

Mohair do

Pottery Barn offers lofty and light faux-mohair throws in a palette of soft hues, embroidered with an initial — perfect for summer's air-conditioned rooms. If Mom's lucky enough to have a quiet space of her own, consider giving her a lettered linen pillow or a pretty art piece with a monogrammed initial on linen, framed in alder wood. Simple, paperwhite-scented soaps etched with Mom's initial would make a nice-smelling gift for her bathroom. (potterybarn.com)

Bath genius

Or consider an initialed acacia-wood bath caddy, with spots for a beverage, phone, and an e-reader or book. A luxurious linen throw can be embroidered with either hot-pink or lime-green thread. Or get really creative: Come up with everybody's favourite things about the family matriarch, then order a personalized love letter on canvas for her that's titled "Dear Mom"(redenvelope.com).

Tray chic

Jonathan Adler loves a monogram. His chic, initialled Lucite trays in Acapulco and Bargello prints kick up the modern vibe. Adler's also carrying New York artist Trey Speegle's customized vintage pop alphabet collages, which incorporate whimsical elements like vintage paint-by-number art. (jonathanadler.com)

Lily Pulitzer-print acrylic trays with Mom's initials in the centre would make pretty yet practical gifts for entertaining or to hold fragrances or trinkets. For her home office, consider a magnetic note board covered in an elegant black-and-white damask print. (thestationerystudio.com)

Give glamour a twirl

Girly Twirly's got a wide range of fun gifts that can be monogrammed. Chinoiserie and preppy-print cutting boards, umbrellas and unscented candles are part of the product mix. Also here: laser-cut monograms in unfinished wood that you can paint or decorate yourself and hang with ribbon on doors, windows or anywhere Mom wants to make her mark. (girlytwirly.com)

Garden goddess

For the gardening mom, check out Williams-Sonoma's monogram-able gardening tools, including Sophie Conran's potting scoop, and a chic copper trowel. (williams-sonoma.com)

San Francisco designer Jennifer Morla offers her signed typographic giclee prints exclusively through personalized gift retailer Mark & Graham. She composes her pieces using a variety of fonts and mid-century elements.

Also at Mark & Graham are linen shower curtains, chambray pillow shams, and a selection of totes for Mom to take to work, tennis or weekends at the cottage.

Personalized alphabet pillow covers. POTTERY BARN/THE ASSOCIATED PRESS

Dash off a letter

Mark & Graham spokesperson Michelle Bowler says the newest monograms have a fresh, refined look. "Our library's top sellers are balanced between modern and classic designs. Sans-serif fonts like Neutra, and single letter initials are popular," she says.

People are also adding their own elements like, dots, lines, circles and parentheses. (markandgraham.com)

If you're craft savvy, there are online tutorials on creating your own monogram using Photoshop or Word programs, and then affixing them to all sorts of things. (inmyownstyle.com).

Inscribe garden tools for green-thumbed Moms. WILLIAMS-SANOMA/THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

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Cures to 3 common backyard woes

Yard acts to follow.
A little lattice, some water and a raised bed are simply remedies for the backyard blues

Backyard trends may come and go but some yard headaches will never go away. While there will always be tasks like grass cutting that have to be done, there are common backyard problems that can be solved once and for all. Tackling any of these three dilemmas will be a vital step towards achieving backyard perfection.

Problem: AC unit sticks out like a sore thumb

Solution: That AC unit isn't going anywhere, so the best solution is to camouflage it as best as possible. A simple lattice screen around the unsightly box will do wonders to eliminate the eyesore, and you can even plant some growing vines at the base to further hide the unit. Make sure to leave room around it for proper airflow and to trim any plants regularly to keep your AC working all summer long.

Problem: City and car noise ruins the backyard Zen factor

Solution: Ponds and fountains are more than just eye candy. They provide a soothing sound that is not only relaxing but will help drown out traffic noise or other city racket. Don't focus too much on the fountain's size, but where it will be placed. Even a small waterfall can be effective if it's placed close to a popular seating area. Depending on the setup and location, it may be necessary to have an electrician install an outdoor outlet for the pump.

Problem: Kids and pets are trampling the garden

Solution: Allowing kids and pets to enjoy the yard shouldn't mean the destruction of a manicured garden or luscious vegetable patch. To keep your hard work from being damaged by an exercising dog or an errant soccer ball, create a raised flower bed a few feet off the ground. Whether using bricks or wood as the frame, this project can be completed on the weekend with no previous DIY experience, and it doesn't require any expensive tools.

Desperate Landscapes

For more advice on how to make your backyard the envy of the neighbourhood, tune in to Desperate Landscapes, Thursdays at 10 p.m. ET/PT on DIY Network Canada.

Turn on the waterworks

Ponds and fountains are more than just eye candy. They provide a soothing sound that is not only relaxing but will help drown out traffic noise and other city rackets.

Even a small fountain or waterfall can turn a noisy yard into a Zen garden. ISTOCK

Windows are the key to home comfort

As the winter months fade to spring, and eventually summer, more homeowners will feel the urge to fling their windows open wide and let in the fresh air, but for those with older windows, this seasonal gesture may not be possible.

Every summer Norm MacDonell, sales manager for Victoria's Van Isle Windows, faced a dilemma with his 1945 house. The old single-pane, glazed windows had been painted shut, but MacDonell's wife wanted to keep their windows open all summer long. They ended up buying new windows.

Energy efficiency

"Energy efficiency was kind of last on her list because of where we were starting from, which was a small, well-insulated house," says MacDonell. "With our new windows, when I go home in the summer, every window in the house is open and she tells me how much she loves her new windows."

While energy efficiency has become an important factor when it comes to purchasing new windows, MacDonell says there are a variety of factors affecting which product homeowners choose and the type of problems they may have had with their old ones.

Old windows, like aluminum ones, can cause problems for homeowners including condensation and mould.
MEGAN COLE/ THE CANADIAN PRESS

Maintenance issues

"It depends on the person and the product," he says. "Sometimes in the case of old wood windows, there may be some maintenance issues. There may be some wood rotting, or maybe painted shut, or conversely they may be rattling in the wind."

With aluminum windows, the weather stripping can fail, which leads to maintenance issues. Condensation can form on inside panes, which can lead to mould along the frame.

The needs of a homeowner can vary depending on the climate. According to MacDonell, a home in Alberta has much different needs than a home in Victoria because of the weather, for example, and energy efficiency becomes a higher priority.

Air leakage

Windows also create possibilities for air leakages, which not only lead to higher energy bills as homeowners deal with drafts, but also affect the comfort of a home.

"Many homes have windows with larger windows and bay windows, and in the wintertime that's just uncomfortable because there can be drafts," says Mark Hutchinson, director of green building programs at the Canada Green Building Council.

"In newer homes the drafts can be harder to pin down and observe, but anyone who has ever lived in an older home knows drafts can make a huge difference in the perceived level of comfort."

Hutchinson says a homeowner may have their thermostat set at 20 C, which may be perfectly comfortable without a draft, but with a draft you might turn it up to 22 or higher.

How a window opens can also affect the possibility of air leakages. Hutchinson says windows that slide to open have a greater chance of drafts than those that open on a hinge.

"When it is hinged you have a locking mechanism that assures it is pulled tight against the gasket and that will provide a better seal than a sliding window can," he says.

Finding the best product

With so much variety in the technology and materials used to build windows, it can be difficult for a homeowner to decide what product best suits their needs and their home.

"The everyday person doesn't necessarily know or understand all the factors that affect a window, but there some rules of thumb," he says. "In the LEED Canada ratings, there are criteria for windows specifically, and it looks at what is called the energy rating. It was developed for window manufacturers to assess their windows and it takes all the other metrics and compiles them into one number, and a higher score is better."

Hutchinson says the best thing a homeowner can do is look for an Energy Star label, which is applied to the top 15 to 30 per cent of energy-efficient windows.

THE CANADIAN PRESS

Rate your windows

The LEED Canada ratings system assesses the criteria for new homes. There is specific criteria for windows.

- **Qualification.** For a home to even qualify for LEED certification, the lowest energy rating a homeowner needs is 21 for windows, 25 for an even better window and 29 is considered a very good product.

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Toronto FC defender Doneil Henry battles for the ball against Whitecaps forward Erik Hurtado on Wednesday in Toronto. NATHAN DENETTE/THE CANADIAN PRESS

Young 'Caps make TFC battle for win

MLS. Vancouver coach proud of his squad despite loss in first leg

Toronto FC left with the win. But Vancouver coach Carl Robinson walked out with a smile.

A baby-faced Whitecaps squad escaped the first leg of their Amway Canadian Championship semifinal Wednesday down by just one goal after a 2-1 loss to a star-studded Toronto FC outfit.

"I'm delighted with them. I'm really, really proud of the boys in there today," said Robinson.

According to the Whitecaps, the average age of their starting 11 was 21.7 years, with an average of 22.1 for the matchday 18. Toronto, meanwhile, rolled out its big guns in U.S. midfielder Michael Bradley and the strike force of Brazil's Gilberto and England's Jermain Defoe.

Standing in their way was 17-year-old Canadian goalie Marco Carducci, whose $36,504 US annual salary is probably what Bradley ($6.5 million) and Defoe ($6.18 million) find in their couch.

Up 1-0 after Defoe's first-half strike, Bradley added what seemed like an insurance goal in the 89th minute, driving down the right and then, after a nifty 1-2 with Defoe, beating Carducci with a right-footed shot.

The Whitecaps responded with a stoppage-time goal from substitute Kekuta Manneh, a valuable away goal that may pay dividends if the total goals series finished tied.

The second leg is next Wednesday in Vancouver.

"I think the tie is wide open," said Robinson.

"I think both teams wanted to win this tie and end it tonight," said Toronto manager Ryan Nelsen. "But it's not (done). It's up for grabs for both teams."

Nelsen said he would make changes for the return leg.

THE CANADIAN PRESS

Amway semifinal

Toronto FC	Whitecaps
2	1

Pacers vs. Wizards

Hibbert gives critics monster game to chew on

Roy Hibbert broke out of his playoff funk with a season-best 28 points and nine rebounds, leading the Indiana Pacers to an 86-82 victory over the Washington Wizards on Wednesday that tied the Eastern Conference semifinals at 1-1.

It was a stark contrast to Hibbert's abysmal scoreless showing in Monday night's loss — and most of this year's playoffs.

But after hearing 48 hours of constant criticism, Hibbert responded with the kind of game Indiana desperately needed. He made his first four shots and dominated the middle.

Game 3 is Friday in Washington.

THE ASSOCIATED PRESS

Thunder vs. Clippers

Thunder rumble back in Game 2

Russell Westbrook had a triple-double, MVP Kevin Durant fell one assist short and the Oklahoma City Thunder beat the Los Angeles Clippers 112-101 on Wednesday night to tie their Western Conference semifinal series at one win apiece.

Westbrook had 31 points, 10 rebounds and 10 assists to claim his third triple-double in his past five playoff games. Durant had 32 points, 12 rebounds and nine assists before leaving the game with 1:21 remaining.

J.J. Redick scored 18 points and Chris Paul had 17. Game 3 will be Friday in Los Angeles.

THE ASSOCIATED PRESS

Seahawks show Sherman the money

The Seahawks' Richard Sherman, right, is applauded by head coach Pete Carroll Wednesday during a news conference announcing Sherman's four-year contract extension. ELAINE THOMPSON/THE ASSOCIATED PRESS

Richard Sherman finally got his moment of being a top pick.

He stood on the stage with spotlights beaming directly on his bow tie. With the coach on one side and general manager on the other, Sherman held up a Seattle Seahawks jersey with his named across the back.

When Sherman entered the NFL as a fifth-rounder, there was no fanfare. That all came on Wednesday as Sherman became the latest piece of the Super Bowl champions to be locked up for the long term.

A CB with QB money

$57.4M

Richard Sherman will make $57.4 million over four years with the Seahawks.

"I guess this is how it feels to be a first rounder," Sherman said after signing a four-year contract extension with the Seahawks that will make him one of the highest-paid cornerbacks in NFL history.

Much in the tenor of doing things the way he wants, Sherman unveiled the extension on his website before the team could make the announcement. The two-time, first-team All-Pro selection wrote the deal will pay him $57.4 million with $40 million guaranteed and will keep him in a Seahawks uniform through the 2018 season. The deal includes a reported $11-million signing bonus.

It's a massive deal for a player who earned $375,000 in base salary as a rookie in 2011.

THE ASSOCIATED PRESS

Poised Penguins pull away from Rangers at MSG

NHL playoffs. New York pushed to brink of elimination despite beating goalie twice

The Pittsburgh Penguins have had so much success at Madison Square Garden, they might not have to make a return trip to Broadway until next season.

Brandon Sutter scored a short-handed goal to break a second-period tie, and the Penguins rode that momentum to move within one win of the Eastern Conference finals with a 4-2 victory over the New York Rangers on Wednesday night.

Pittsburgh, which has won three straight following a series-opening loss, can advance with a Game 5 victory at home Friday night.

The Penguins' Brandon Sutter floors the Rangers' Brian Boyle with an open-ice hit in New York, Monday. THE ASSOCIATED PRESS

"We know they are going to be desperate," Penguins captain Sidney Crosby said. "They have a lot of depth, and a lot of guys that can create things, so we have to have the same mentality that we had."

The Penguins turned a tied series into a 3-1 lead at the Garden, where they have won seven of nine and are 12-4 since Dan Bylsma became their coach. Overall, Pittsburgh is 19-5 against the Rangers in the playoffs and 9-2 in New York.

On Wednesday, Evgeni Malkin scored 2:31 in, and Jussi Jokinen made it 3-1 at 7:02 of the third before the teams traded late goals.

"This is not the ideal night for us," Rangers forward Brad Richards said. "The good thing is ... we're still in it. We win Game 1, we are on top of the world. You lose three in a row, and as quick as it went that way it can go right back.... We want to try to bring it back here.... You never know what can happen."

THE ASSOCIATED PRESS

Metro poll: The cup-less vets

After 18 seasons in the NHL, Jarome Iginla is hoping to hoist his first Stanley Cup with the Boston Bruins. Scan the image with the Metro News app to pick which veteran you want to see win hockey's top prize. JARED WICKERHAM/GETTY IMAGES

St. Louis Blues

Hitchcock inks 1-year extension

The St. Louis Blues have extended coach Ken Hitchcock's contract through next season, though there will be some staff changes.

Assistant coaches Brad Shaw and Ray Bennett also will return. A third assistant coach, Gary Agnew, and goaltending coach Corey Hirsch are not being retained.

Hitchcock, 62, led the Blues to a franchise-record 52 victories this past season. THE ASSOCIATED PRESS

Philadelphia Flyers

Ex-goalie Hextall named Philly GM

Ron Hextall got his "dream job."

Hextall was promoted to general manager by the Philadelphia Flyers on Wednesday to replace Paul Holmgren, who was elevated to president.

Hextall served as assistant GM last year.

THE ASSOCIATED PRESS

MLB

Mariners, A's split doubleheader

Fill-in starter Drew Pomeranz pitched five scoreless innings for his second win in his past 20 starts and the Oakland Athletics salvaged a split of a doubleheader by beating the Seattle Mariners 2-0 in the nightcap Wednesday.

The Mariners overcame a shaky start from ace Felix Hernandez to win the opener 6-4 on Justin Smoak's two-out single in the 10th inning.

THE ASSOCIATED PRESS

MLB

Buehrle first to win six games

Mark Buehrle became the first six-game winner in the majors, Edwin Encarnacion hit a three-run home run and the Toronto Blue Jays pounded the Philadelphia Phillies 10-0 on Wednesday night. Buehrle (6-1) allowed three hits in seven innings to lower his ERA to 1.91 as Toronto won its season-high fourth straight.

THE ASSOCIATED PRESS

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WIND MOBILE WORD SEARCH

Find the words in the word search, and use the remaining letters to solve the puzzle.

"True Mobile _ _ _ _ _ _ _."

ANSWER: Freedom

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5	9			8	1			7
			4			8		3
				7				
	8		6				4	
		9				3		
	2				8		5	
				1				
7		4			5			
8			2	6			7	9

Yesterday's Sudoku

7	1	6	3	9	2	6	5	4
5	9	3	8	4	1	2	6	7
2	4	8	7	5	6	1	3	9
1	6	9	4	2	3	5	7	8
3	8	2	5	1	7	9	4	6
4	5	7	9	6	8	3	2	1
6	3	1	2	7	9	4	8	5
8	7	5	1	3	4	6	9	2
9	2	4	6	8	5	7	1	3

Horoscopes

♈ Aries
March 21 - April 20
You're not the kind to turn away someone who is down on their luck, but watch out you don't get conned by a sob story. Sadly not everyone is as honest as you, so check facts before thinking of parting with cash.

♉ Taurus
April 21 - May 21
You may be a bit hesitant and suspicious today but that's okay. The thing to remember is that the cosmos is very much on your side at the moment, so you can afford to take a risk – or not, as you see fit.

♊ Gemini
May 22 - June 21
If you don't feel like socializing today, don't force yourself. You are entitled to your own space and if others find that hard to understand then they are not very smart. Give yourself some time to meditate on and plan for the future.

♋ Cancer
June 22 - July 23
No matter what happened and who was to blame there is no point regretting what happened yesterday because you can't go back and change it. What you can do is to make tomorrow better.

♌ Leo
July 24 - Aug. 23
It's good that you know how to be assertive but the planets warn you must not go too far. If you break the rules over the next 24 hours, someone higher up the ladder than you will make you pay for it.

♍ Virgo
Aug. 24 - Sept. 23
You have absolutely nothing to worry about but for some strange reason you have this feeling of impending disaster. Ignore it. Most likely it is just your mind playing tricks on you — and even if it isn't, what happens will be no big deal.

♎ Libra
Sept. 24 - Oct. 23
Whatever else you do over the next 24 hours don't cut corners or break rules, because you won't get away with it. Resist the temptation to do anything dishonest, not just because it is dishonest but also because you really don't need to.

♏ Scorpio
Oct. 24 - Nov. 22
The Sun in your opposite sign of Taurus means, among other things, that you have to put up with people who annoy you. Don't be tempted to argue with them because if you do, the situation may get out of hand.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't think badly of yourself if you have to admit that you have failed to reach a target of some sort. The fact is you tried — when so many other people never even get started — and that alone makes you some kind of hero.

♑ Capricorn
Dec. 22 - Jan. 20
Most things seem to be going well for you and that's good, but the planets warn you must not get too content and drift along without trying. When things are going good, you should be aiming for great.

♒ Aquarius
Jan. 21 - Feb. 19
Don't worry if you lose out in some way over the next 24 hours because you will more than make up for it later in the month. If something seems to be slipping from your grasp just let it go. Change is always good in the long-term.

♓ Pisces
Feb. 20 - March 20
Steer clear of disputes that have nothing to do with you. The more others try to draw you into an argument, the more you must keep your distance. That applies especially to friendships and money – they don't mix. **SALLY BROMPTON**

TRANSIT BINGO

Find the following items on your commute to score a **BINGO**.

B	I	N	G	O
a baby	a pop can	face piercing	a dog	groceries
a suitcase	transit worker	crazy hair colour	someone wearing purple	someone reading an ebook
someone sleeping	gum on the floor	**FREE**	someone reading a magazine	ad for a a new movie
someone blaring music	a kissing couple	cutoff jeans	someone reading a Metro	socks & sandals
a tattoo	Candy Crush	ad for a language course	sweat pants	a bus transfer

WIND MOBILE WORD SEARCH

BORDER
CANADA
DATA
LIKE
PHONE
PLAN
UNLIMITED
SPRING
TALK
TEXT
USA
WIND
WOW
CELL

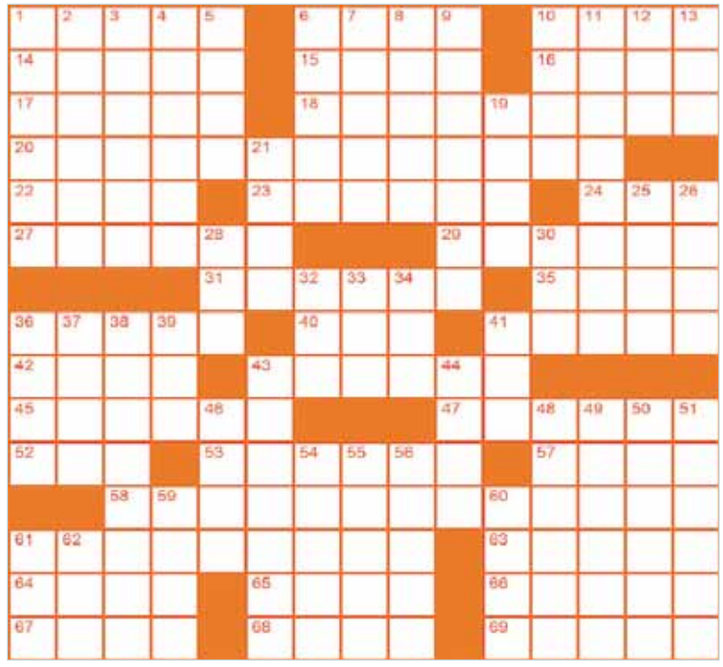
L	F	U	R	A	E	R	U
L	G	N	E	T	N	L	S
E	N	L	D	A	O	I	A
C	I	I	R	D	H	K	D
D	R	M	O	E	P	E	A
N	P	I	B	T	K	N	N
I	S	T	W	E	L	A	A
W	E	E	O	X	A	L	C
D	O	D	W	T	T	P	M

Yesterday's Crossword

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. "Hey! I bet you can't..." sayer
6. Basketball: Miami __
10. Caesar's 2101
14. Singer Ms. Cara
15. Paris pronoun
16. Mil. school
17. Georgia, for one
18. Is there any of 'it' out 'there' somewhere?: 2 wds.
20. Montreal-based UN Agency... ICAO = International __ __ Organization
22. Conniver
23. Minify
24. "Conan" cable network
27. Current
29. Official study
31. Patrick _. __ (Zoe Saldana's Canadian co-star in NBC's miniseries adaptation of #58-Across)
35. "Makes sense.": 2 wds.
36. Chesterfields
40. Ms. Hagen
41. Do additional tailoring
42. "__ cost you!"
43. Like a rose
45. Commercial area of Venice
47. Trojan hero
52. Approx.
53. Speechmaker
57. Jazz singer Ms. Fitzgerald
58. Ira Levin's 1967 scary bestseller: 2 wds.
61. Surname of the married couple portrayed by the stars at #31-Across
63. Rock band, Death Cab for __
64. 'Refer' suffix
65. _._. __ Canadian (Currency conversion choice)
66. Margarines
67. Ritzy retailer, __ Fifth Avenue
68. Swinger's supplies?
69. Never happened or existed

Down

1. __ Throw (Decathlon event)
2. Emily Carr, for one
3. Plunderer, archaically
4. Whole
5. Merry dance
6. Yo-__-ho! (Hoist, sailors, hoist!)
7. Arthur __ Awards (Crime Writers of Canada annual honours)
8. Handle
9. Shifts stableness
10. Saint-__ (1491 birthplace of French explorer Jacques Cartier)
11. Canadian apple
12. Li'l lunchtime locale
13. 'Chlor' suffix
19. Three squared
21. Alfred Hitchcock's wife played by Helen Mirren in "Hitchcock" (2012)
25. Marcia's "Desperate Housewives" role
26. From __ to stern
28. Backstreet Boys member Mr. McLean's
30. __ chart
32. "Well, obviously!"
33. _ __ Z
34. Wreck
36. "Your majesty."
37. Mr. Redding
38. Newfoundland town
39. __-inclusive
41. __ bread
43. Removed, as a newspaper story: 2 wds.
44. Not
46. "__.0", airing on MuchMusic
48. Dusty space cloud
49. Uplifts
50. Great Britain's archaic name
51. Declare, Bible-style
54. Create cheeriness
55. Flavour
56. Sweet 'sandwich' snacks
59 Venerated verses
60. Flat-bottomed vessel
61. Mr. Craven
62 "Bird __ _ Wire" (1990)

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